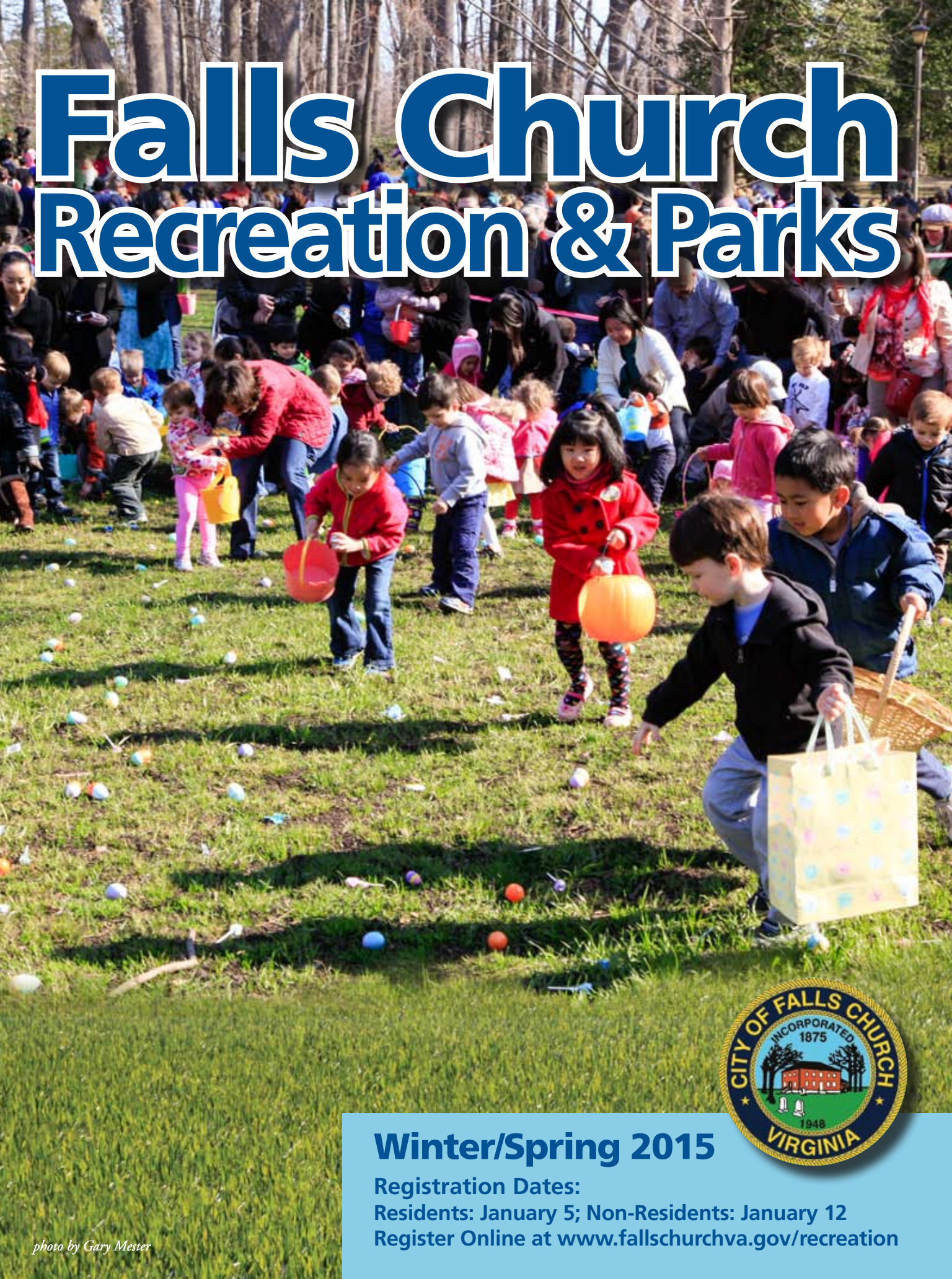


# Falls Church Recreation & Parks



**Winter/Spring 2015**

**Registration Dates:**

**Residents: January 5; Non-Residents: January 12**

**Register Online at [www.fallschurchva.gov/recreation](http://www.fallschurchva.gov/recreation)**

*photo by Gary Mester*

## Annual Easter Egg Hunt



**Saturday, April 4, 10am**

**Rain Date: Monday, April 6, 4pm**

**Cherry Hill Park, 312 Park Avenue**

Hunt for candy and prize eggs! The Easter Bunny will visit and take pictures with all the children! Bring a basket to collect eggs. For more information, call **703-248-5178**.

## Farmer's Market



**Saturdays - Open Year Round!**

**January 3-March 28, 2015**

**9am-12 noon**

**April 4-December 26, 2015**

**8am to 12noon**

**300 Park Avenue, City Hall Parking Lot**

Enjoy fresh fruit, vegetables, flowers and more!

*photos by Gary Mester*



To receive our monthly newsletter, visit  
[www.fallschurchva.gov/recreation](http://www.fallschurchva.gov/recreation)

Subscribe on the right side of the page.

## 33rd Annual Memorial Day Parade and Festival

**Monday, May 25, 9am-5pm**

**City Hall Grounds, 300 Park Avenue**

The day includes a 3K fun run, parade, Veterans Ceremony, craft, civic and food booths, games, pony rides and much more. For more information, call **703-248-5178**.



## Dance Recital

**Saturday, May 16 and Saturday, May 23**

**George Mason High School, 7124 Leesburg Pike**

This semester will conclude with our annual spring recitals. We will have two dance recital show dates; May 16 and Memorial Day weekend, May 23. The show times for May 16th are 10:30am, 1pm, and 4pm. The show times for Memorial Day weekend on May 23 are 10am and 11am. All recitals will be held at the George Mason High School auditorium. For more information, call **703-248-5027**.



## Summer Camp Expo

**Friday, January 30, 2015, 6pm**

**Falls Church Community Center,  
223 Little Falls St.**

Would you like to learn more about a camp before you register your child? If so, then our Summer Camp Expo is the place for you. Come out and meet representatives from many of the various sport and specialty camps we will be offering this summer in Falls Church. For more information contact **703-248-5027**.

**Start  
Planning for  
Summer!**

## Community Center Hours of Operation

Monday-Thursday: 8am-10pm  
Friday: 8am-11pm  
Saturday: 8:30am-11pm  
Sunday: 2-6pm (April-December)  
12-6pm (January-March)

## Community Center Holiday Schedule

The building will close at 12 noon on Dec. 24 and at 5pm on Dec. 31 and the building will be closed on Dec. 25, January 1, and April 5.

## Hobby Class Holiday Schedule

No camps or classes are held on the following days unless otherwise noted: January 19, February 16, March 29-April 5, May 25.

## Youth Gym Time

Ages 18 and under only: Monday-Friday, 3-5pm.

## Teen Gym Time

Ages 13-19 only: Friday and Saturday, 7pm-11pm

## Adult Gym Time

Ages 19 and over only: Monday, 8-11pm.  
Subject to gym availability.

## Phone Numbers

**Recreation & Parks Department Office** .....703-248-5077  
**Falls Church Community Center**.....703-248-5027  
**Falls Church Senior Center**.....703-248-5020  
**Teen Center Office** .....703-248-5307  
**Cherry Hill Farmhouse**.....703-248-5171  
**Fax** .....703-536-8150  
**Open Gym**.....703-248-5077

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## Recreation & Parks Staff

Daniel J. Schlitt, *Director*  
Debbie Woodbury, *Hobby Class Coordinator, Senior Program Supervisor*  
Amy Maltese, *Special Events, Senior Program Supervisor*  
Chris Madison, *Sports Coordinator, Program Supervisor*  
Ashley Green, *Teen and Camp Coordinator, Program Supervisor*  
Tracy Browand, *Senior Center Coordinator, Recreation Specialist*  
Ashley Williams, *Senior Administrative Assistant*  
Lisa Reid, *Administrative Assistant*  
Howard Herman, *Farmers' Market Manager*  
Rachel Crichton, *Cherry Hill Farmhouse Coordinator, Recreation Specialist*  
Mike Noyes, *Crew Leader, Parks and Landscape Maintenance*  
Juan Salguero, *Building Maintenance Worker*  
William Kargbo, *Building Maintenance Worker*  
Greg Mosley, *Landscape Maintenance Worker*  
Raul Chafloque, *Building Maintenance Worker*

## Advisory Board of Recreation and Parks

Steve Selby, *Chair*  
Charles O'Hara, *Vice Chair*  
Kathryn Chandler  
Robert Meeks, *Planning Commission Representative*  
Lori Lafave  
Leslie Rye  
Lawrence Webb, *School Board Representative*



# Cherry Hill Farmhouse



## Cherry Hill Farmhouse

312 Park Avenue

703-248-5171

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts several special events, educational workshops, and seasonal programs annually. It is also available to rent for special occasions.

Cherry Hill Farmhouse was completed in 1845. The well-preserved house is an excellent example of a Greek Revival Style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus primarily on the time period 1856-1865 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold the produce he grew on the premises at the Centre Market in Washington, D.C. Mr. Blaisdell successfully managed the farm through the Civil War. The City of Falls Church now owns and operates the Cherry Hill Farmhouse Museum, and its remaining property, known today as Cherry Hill Park. The household furnishings and antique tool collection in the Barn are owned by the Friends of Cherry Hill.

Today, reenactments, concerts, readings, lectures, workshops, teas, and private events take place at Cherry Hill throughout the year. Special tours can be arranged for large groups, scout troops, and school children by calling 703-248-5171. The house is open to the public Monday through Friday between the hours of 9am and 3pm. April through October the house is also open on Saturdays from 10am-1pm. We strongly encourage all visitors to call ahead to ensure tour availability, 703-248-5171.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated gathering. For larger parties, the outside grounds can be used and a tent is recommended. Reservations may be made through the Recreation and Parks Department at 703-248-5027. For more information on any scheduled events, rental information, and availability of the Cherry Hill Farmhouse, please call Rachel Crichton at 703-248-5171.

## EVENTS AT CHERRY HILL FARMHOUSE

### Gift Box Workshop: Recycle Gift Cards and Old Calendars

Save your holiday cards and calendars and learn how to hand craft them in to lovely gift boxes or tags.

**Date:** Sun 1/25      **Time:** 11am      **Fee:** \$6

**Instructors:** Ms. Budetti & Ms. Crichton

**Location:** Cherry Hill Farmhouse

Call 703-248-5171 for more information and reservations.

### Victorian Valentine Workshop

Come to Cherry Hill and learn about a few usual valentine traditions during the 19th century while making your loved one an old-fashioned Victorian valentine. Materials provided. Class designed for adults and children 10+.

**Date:** Sat: 2/7      **Time:** 10am      **Fee:** \$6

**Location:** Cherry Hill Farmhouse

Call 703-248-5171 for more information and reservations.

### Valentine Tea

Bring someone special to tea at the historic Cherry Hill Farmhouse. A costumed docent will host this holiday themed tea. Guests will enjoy sandwiches, assorted sweets, warm scones, and a bottomless cup of tea in the lovely dining room. A tour of the historic home is included. Reservations are required.

**Date:** Sun: 2/8      **Time:** 2-4pm      **Fee:** \$30

**Location:** Cherry Hill Farmhouse

Call 703-248-5171 for more information and reservations.

### Celtic Music Concert

Enjoy a lively evening of Irish music in the intimate atmosphere of the farmhouse parlor.

**Date:** Sat: 3/14      **Time:** 8-10pm      **Fee:** \$15/ \$20 day of

**Activity #:** 230601-A

**Location:** Cherry Hill Farmhouse

Call 703-248-5027 for more information and reservations.

### Genealogy Talk & Tea

Curious about your family history or trying to assemble a family tree? If so, come to Cherry Hill for this talk and tea. Ms. Deane Dierksen will discuss how to investigate your own ancestry and begin assembling a family tree. Afterward, all guests will retire to the lovely dining room for a full tea of sandwiches, assorted sweets, warm scones, and a bottomless cup of tea. \*\*Reservations are required\*\*

**Date:** Sun: 3/22      **Time:** 1-3pm      **Fee:** \$35

**Location:** Cherry Hill Farmhouse

Call 703-248-5171 for more information and reservations.

## SPRING BREAK FUN AT CHERRY HILL

### Old-fashioned Cooking for Kids

**Ages 8 – 12**

Children will grind corn, make corn bread, churn butter, and make their own lemonade.

**Date:** Tues: 3/31      **Time:** 10am – 1pm      **Fee:** \$30

**Activity #:** 230302-A

**Instructor:** Rachel Crichton

**Location:** Cherry Hill Farmhouse

Call **703-248-5027** for more information and reservations

### Victorian Tea and Dress-up Party

**Ages 8 - 14**

Learn about 19th century dress and manners, try on period clothing, play a parlor game, and enjoy a traditional tea party in our dining room.

**Date:** Thurs: 4/2      **Time:** 10am – 1pm      **Fee:** \$35

**Activity #:** 231020-A

**Instructor:** Rachel Crichton

**Location:** Cherry Hill Farmhouse

Call **703-248-5027** for more information and reservations.

### Natural Egg Dying Open House

Learn to decorate eggs the old-fashioned way! Come to historic Cherry Hill and spend the afternoon naturally dying your Easter eggs. We supply the materials, you decorate!

**Date:** Sat: 4/4      **Time:** 10am – 2pm      **Fee:** \$5

**Instructor:** Rachel Crichton

**Location:** Cherry Hill Farmhouse

Call **703-248-5171** for more information and reservations.

### Tea Party for Children

**Ages 8 - 14**

Bring your favorite doll to tea at Cherry Hill. You will dress up in period clothing, play parlor games, and enjoy a tea party with your favorite doll in the dining room.

Reservations are required.

**Date:** Sun: 4/19      **Time:** 2-4pm      **Fee:** \$20

**Activity #:** 231022-A

**Location:** Cherry Hill Farmhouse

Call **703-248-5027** for more information and reservations.



### Mother's Day Tea

This special tea will be hosted by a costumed docent who will discuss a mother's role in the mid-19th century. She will then usher guests into the dining room for a full tea of sandwiches, assorted sweets, warm scones, and a bottomless cup of tea. Reservations are required.

**Date:** Sun: 5/10      **Time:** 2-4pm      **Fee:** \$30

**Location:** Cherry Hill Farmhouse

Call **703-248-5171** for more information and reservations.



### FALLS CHURCH CIVIL WAR DAY

It happened here! Learn how the Civil War affected Falls Church as re-enactors portray both civilians and soldiers from the period. Watch soldiers conduct firing and drilling exercises, listen to spy stories, letter readings and period music. Look for our children's tent filled with lots of activities for kids.

Old-fashioned box lunches with fried chicken, cole slaw, corn bread, ginger cake, and lemonade can be pre-ordered for \$8. Call **703.248.5171**.

**Date:** Sat: 5/16      **Time:** 10am – 3pm

**Location:** Cherry Hill Park

Call **703-248-5171** for more information.

### Lavender Wand Workshop

Come to Cherry Hill Farmhouse and learn how to make this traditional Victorian sachet using fresh lavender.

**Date:** Sat: 6/13      **Time:** 10am and 1pm      **Fee:** \$6

**Location:** Cherry Hill Farmhouse

Call **703-248-5171** for more information and reservations.

# Preschool Programs

## Preschool, Summer Session

### 3-5 years

Our preschool program focuses on fun and positive learning experiences for 3-5 year olds that will prepare students for future elementary school study. Students develop social, physical, and cognitive skills through interactive, hands-on experiences. Early Childhood teaching is often theme-based and always age-appropriate. Students participate in several activities daily that will promote the development of fine and gross motor skills, mathematical thinking, and literacy skills. Our qualified staff and small class ratio makes a safe program for everyone. Our program is licensed by the State of Virginia Department of Social Services. Children must be potty-trained by the first day of the fall session. In order to register for the preschool program, children must be born within the birth dates listed. Proof of age via birth certificate and a physical and immunization report is required on the first day of the program.

#### Preschool Juniors

(Birthdates: Oct. 1, 2010-Sept. 30, 2011)

**Tue/Thu: 6/2-7/2 9am-12pm**  
311001-A R: \$195 / NR: \$205

**Tue/Thu: 7/7-7/30\* 9am-12pm**  
311001-B R: \$156 / NR: \$166

\*No class dates 7/4

**Location:** Preschool Room

#### Preschool Seniors

(Birthdates: Oct. 1, 2010-Sept. 30, 2011)

**Mon/Wed/Fri: 6/1-7/3 9am-12pm**  
311002-A R: \$294 / NR: \$304

**Mon/Wed/Fri: 6/1-7/3 1-4pm**  
311002-A1 R: \$294 / NR: \$304

**Mon/Wed/Fri: 7/6-7/31 9am-12pm**  
311002-B R: \$235 / NR: \$245

**Location:** Preschool Room



Learn more about the  
Falls Church Community  
Center Preschool program at  
[www.fallschurchva.gov/  
recreation](http://www.fallschurchva.gov/recreation)



## Open House for New Students:

The Spring Open House will be held on Saturday, March 28 at 10am. This open house is for parents interested in registering for the upcoming school year, September 2015.

## Tot Time

Bring your preschoolers and watch them climb through tunnels, ride tricycles, and interact with peers. All equipment is provided including tricycles. No strollers or food in the gym. Times subject to change. Call **703-248-5077** (press 1, open gym hours) for an updated schedule. This program is not held when special events are in the gym or if the Community Center is closed for a holiday.

**Dates:** Fridays, January 9 - June 19, 2015

**No Tot Time:** 1/2, 4/3, 4/17, 4/24

**Location:** Gym

**Time:** 10am-12noon

**Fees:** \$1 per child



# Spring Break Camps

## Bunny Hop Camp 3-6 years

Tiny Dancers invites your "Little Hopper" to five mornings of fun and excitement during Spring Break. Join us each day for ballet, games, crafts and the Tiny Dancers creative interpretation of favorite seasonal stories.

**Mon-Fri: 3/30-4/3 10am-12pm**

281423-A R: \$200 / NR: \$210

**Instructor:** Tiny Dancers

**Location:** Dance-Left



## Giant Basketball Academy 7-12 years

Former Washington Wizards and New Jersey Nets player Gheorghe Muresan and his coaches will teach the fundamentals of basketball. This camp will feature 1-on-1 skills, shooting, team play, defensive positioning, speed drills and competitions to further develop all-around players.

**Mon-Fri: 3/30-4/3 9am-3pm**

281400-A R: \$120 / NR: \$130

**Instructor:** Giant Basketball Academy

**Location:** Gym-Full

## Chemistry & STEM 8-12 years

Could your child be the next Albert Einstein? Participants will explore Chemistry by learning what chemistry is, what chemists do, and how chemistry can be fun through hands-on experiments. They will walk away with projects/experiments they can take home to continue their exploration of Chemistry. Students will walk away from the Exploring Science and Engineering course with a basic understanding of science, technology, engineering and math concepts including the Scientific method, Newton's Law of Motion, Simple Machines, and the Principles of Mechanics.

**Mon-Fri: 3/30-4/3 9am-3pm**

281417-A R: \$240 / NR: \$250

**Instructor:** 2InspireU

**Location:** Teen Center

## 2015 Summer Counselor in Training

The Counselor in Training Program assigns youth to our Summer Fun Playground Program. Youth must be at least 13 by June 22, 2015.

The Summer Fun Playground program operates from June 22 through August 14. Campers participate in activities such as swimming, arts and crafts, sports, field trips and more. CIT's assist camp counselors and the camp director with daily activities such as preparing arts and crafts projects, supervising, being a good leader and more. Working as a CIT is a fun way to gain experience working with children, leadership skills and a sense of responsibility.

Interested teens must apply, and interview. Space is limited. CIT's are expected to attend training sessions prior to the start of camp and volunteer for a minimum of four weeks of camp. The fee to be a CIT is \$35/week. Payment will be collected after participants are selected.

All youth interested in becoming a CIT should contact Ashley Green at **703-248-5307** or [agreen@fallschurchva.gov](mailto:agreen@fallschurchva.gov) for an application. Applications will be available beginning February 1st and are due by March 31st. Applications are also available online at [www.fallschurchva.gov/recreation](http://www.fallschurchva.gov/recreation).



## Fitness Fun 4 Everyone

6-11 years

This camp is absolutely loaded with fitness fun!!! Through a dynamic set of activities such as Soccer, Basketball, Capture the Flag, Relay Races, Yoga and ZUMBA to name a few, we enable children to simultaneously focus on fitness, team-building, confidence and more all while having loads of fun!!!

**Mon-Fri: 4/6-4/10 9am-3pm**

283040-D R: \$225 / NR: \$235

**Instructor:** Kuumba Fitness

**Location:** Gym-Full

Second Week

## Spring Into ACTION

6-15 years

The Educational Theatre Company is back for another year of acting antics! Campers will explore creative storytelling, improvisation, while enhancing vocal quality, building self-confidence, and physical self-awareness all at the same time. Through improvisation games and theatre exercises, students learn how to transform into their sillier self. Whether your child is new to acting or wants to hone their acting skills, this camp is great for all levels. On the last day of camp, family and friends are invited to a sharing to see their actors in ACTION.

**Mon-Fri: 3/30-4/3 9am-3pm**

281413-A R: \$295 / NR: \$305

**Instructor:** Educational Theatre Company

**Location:** Community Room

# Hobby Classes

## **NEW!** Healthy Eating for Kids 5-12 years

Could your kid be a budding chef? You'll find out in Healthy Cooking with Kids! It's a delicious learning experience for kids, allowing them to explore new foods such as low-fat, gluten-free and vegetarian options including smoothies, healthy snacks, tasty pizzas and more. They will also develop math and reading skills as they measure and read directions. Sign your kids up for this fun and easy workshop that will teach your kids how to eat and cook healthy!

**Sat: 1/24-2/28 10-11am**  
230719-A R: \$90 / NR: \$100  
**Instructor:** Kuumba Fitness, LLC  
**Location:** Art Room



## **Chess 5-12 years**

Learn how to play chess from our highly-rated professional chess instructors! Class time is evenly split between lesson and play. Lessons range from learning the rules to advanced tournament strategies. Play time is structured to pair each student against an opponent of similar skill. Visit [www.silverknightschess.com](http://www.silverknightschess.com) for more information.

**Tue: 1/27-3/17\* 5:30-6:30pm**  
230706-A R: \$89 / NR: \$99  
**Tue: 4/7-5/12 5:30-6:30pm**  
230706-B R: \$77 / NR: \$87

\*No class dates 2/16

**Instructor:** Silver Knights Chess  
**Location:** Senior Center-Right

## **NEW!** Exploring Nature 7-11 years

Children will learn to spend TV-free time connecting with nature through this wonderful selection of natural living workshops. From making bird feeders to scrapbooks and compost bin ingredients, children will enjoy learning all about the joy of natural, healthy living!

**Sat: 4/11-5/16 1:30-2:30pm**  
230720-A R: \$90 / NR: \$100  
**Instructor:** Kuumba Fitness, LLC  
**Location:** Art Room

## **Little Stars! 2-4 years**

Introduce your little ones to the magical world of dramatic arts & imagination! Come explore stories while using all facets of arts enrichment incorporating music, movement, drama, art, and language. Note: A materials fee for art is included in the price.

**Thu: 1/29-3/19 10:45-11:30am**  
210712-A R: \$116 / NR: \$126  
**Thu: 1/29-3/19 11:45am-12:30pm**  
210712-B R: \$116 / NR: \$126  
**Thu: 4/9-5/14 10:45-11:30am**  
210712-C R: \$116 / NR: \$126  
**Thu: 4/9-5/14 11:45am-12:30pm**  
210712-D R: \$116 / NR: \$126  
**Instructor:** C.A.R.E. Actor  
**Location:** Teen Center

## **Act It Out! 4-6 years**

Take an adventure every week through storybooks in this acting class that uses theater arts to teach kids about character education topics such as respect, truth, peace, etc. Each week, these young actors will learn various acting games, teambuilding games, as well as act out a story that draws out these positive values using costumes and props. This class will present their favorite story on the last day of class!

**Mon: 1/26-3/16\* 4:30-5:15pm**  
220707-A R: \$88 / NR: \$98  
**Mon: 4/6-5/11 4:30-5:15pm**  
220707-B R: \$88 / NR: \$98

\*No class dates 2/16

**Instructor:** C.A.R.E. Actor  
**Location:** Art Room

## **Dramatic Kids! 7-12 years**

This theater arts class is bound to keep you up on your feet and down on the ground with fun and laughter! Learn improvisational theater techniques, story development, and sketch writing while exploring current topics & positive values. There will be a dramatic presentation on the last day of class!

**Mon: 1/26-3/16\* 5:30-6:30pm**  
230705-A R: \$102 / NR: \$112  
**Mon: 4/6-5/11 5:30-6:30pm**  
230705-B R: \$102 / NR: \$112

\*No class dates 2/16

**Instructor:** C.A.R.E. Actor  
**Location:** Art Room

## **Babysitter Lessons and Safety 11-16 years**

BLAST! (Babysitter Lessons and Safety Training-American Academy of Pediatrics), is an important training program for potential babysitters and parents considering hiring a babysitter. The BLAST! program is exciting and interactive, providing extensive training in pediatric first aid, household safety, and the fundamentals of childcare. Features of the program include: current practices for safety and injury prevention while babysitting and First Aid basics for emergency response. The BLAST! program can prepare children to interview for a babysitting job, select safe and suitable games and activities, prevent accidents, perform first aid, and begin babysitting safely and competently. Students must attend entire session to receive completion card. Bring a bag lunch and a doll.

**Sat: 3/7 9:30am-2:30pm**  
241002-A R: \$80 / NR: \$90  
**Sat: 4/25 9:30am-2:30pm**  
241002-B R: \$80 / NR: \$90

**Instructor:** Health Educators  
**Location:** Teen Center



Falls Church Recreation and Parks

# Dog Training and Etiquette Classes

## Dog Training- Beginner

16 & up

In this 6-week dog training class, you will be teaching your dog new manners while having a lot of fun and learning how to better communicate with your dog. Using positive methods, you will learn how to teach your dog to respond to you more quickly while building a lasting relationship with your dog. Teach your dog sit, down, come, and how to focus on you instead of the environment and even how to greet people politely and a few other tricks for fun. The first class is a mini-orientation without your dog. We'll go over everything you need to know to succeed in class and also give homework so you can get started training right away. This class is for dogs of all ages, even puppies!

**Mon: 2/23-4/6\*** 7-7:45pm  
250726-A R: \$210 / NR: \$220

**Mon: 4/13-5/18** 7-7:45pm  
250726-B R: \$210 / NR: \$220

\*No class dates 3/30

**Instructor:** All About Dogs

**Location:** Art Room



## Dog Training- Intermediate 16 & up

In this 6-week dog training class, you will be teaching your dog new manners while having a lot of fun and learning how to better communicate with your dog. Using positive methods, you will learn how to teach your dog to respond to you more quickly while building a lasting relationship with your dog. We'll practice walking nicely on a leash, greeting people politely, coming when called, stay, and other skills all family dogs should know. This class is for dogs of all ages, even puppies, who have successfully completed a basic skills dog-training course.

**Mon: 2/23-4/6\*** 8-8:45pm  
250727-A R: \$210 / NR: \$220

**Mon: 4/13-5/18\*** 8-8:45pm  
250727-B R: \$210 / NR: \$220

\*No class dates 3/30

**Instructor:** All About Dogs

**Location:** Art Room

## ETIQUETTE CLASSES

### NEW! Petite Etiquette

3-5 years

Petite Etiquette is an ideal introductory level class for preschool/kindergarten age children to learn the basic building blocks of proper manners and everyday etiquette, along with modern-day social graces and table etiquette. Classes are fun and interactive with games and crafts that promote self-confidence, poise, and consideration for others.

**Tue: 2/3-3/10** 11:15am-12pm  
210718-A R: \$155 / NR: \$165

**Thu: 2/19-3/26** 10:15-11am  
210718-B R: \$155 / NR: \$165

**Instructor:** Gloria Ogbemudia

**Location:** Art Room

### NEW! Elementary Etiquette 5-10 years

Elementary Etiquette focuses on basic modern-day manners and social graces, along with basic dining skills for girls and boys. Classes are fun and interactive, teaching children the principles of etiquette based on self-awareness and respect to others while building confidence levels in social settings. It also introduces students to the essential communication and socialization skills necessary to progress into the young teen years.

**Location:** Community Room

**Tue: 2/3-3/10** 5-6pm  
220724-A R: \$155 / NR: \$165

**Location:** Senior Center- Right

**Wed: 2/25-4/8\*** 5-6pm  
220724-B R: \$155 / NR: \$165

\*No class dates 4/1

**Instructor:** Gloria Ogbemudia

### NEW! Teen Etiquette 15-18 years

Teen Etiquette introduces high school students to the essential communication, socialization, and fine dining skills necessary to progress into early adulthood. This workshop equips teens to handle themselves in adult situations. They will learn proper manners, social skills, and effective interview techniques with a strong focus on respect and value for others. Respecting and valuing others, developing high integrity, and making others feel at ease are the key reasons that society practices good manners.

**Location:** Senior Center-Left

**Mon: 2/23-4/6\*** 5:30-6:30pm  
240706-A R: \$155 / NR: \$165

**Location:** Art Room

**Wed: 4/8-5/20** 4:15-5:15pm  
240706-B R: \$155 / NR: \$165

**Instructor:** Gloria Ogbemudia

### NEW! Youth Etiquette

10-14 years

Youth Etiquette is a comprehensive course focusing on modern-day manners and social graces, along with dining skills for girls and boys. This course is fun and entertaining, teaching young adults the principles of etiquette, based on self-awareness and respect for others, while building confidence levels in social settings.

**Mon: 2/2-3/16\*** 4:30-5:30pm  
230728-A R: \$155 / NR: \$165

**Wed: 4/8-5/20** 5:30-6:30pm  
230728-B R: \$155 / NR: \$165

\*No class dates 2/16

**Instructor:** Gloria Ogbemudia

**Location:** Senior Center-Left

### Etiquette Made Fun for Kids 7-12 years

It's never too early to start teaching our children good manners, and Manners Talk is here to help. Classes are taught in a fun-filled and interactive environment! Sign your child up for a four consecutive Saturday package with Manners Talk. The classes will cover essential social etiquette skills along with table manners, good communication, interactions with others, and a host of other helpful topics to help boost your child's confidence and ease in new and unfamiliar situations. Snacks included.

**Sat: 1/31-2/21** 11:15am-12:15pm  
231001-A R: \$95 / NR: \$105

**Sat: 3/7-3/28** 11:15am-12:15pm  
231001-B R: \$95 / NR: \$105

**Sat: 4/11-5/2** 11:15am-12:15pm  
231001-C R: \$95 / NR: \$105

**Instructor:** Vicki Fleming

**Location:** Art Room

# Engineering and Robotics Classes

## Mechanical Engineering 7-12 years

Students are introduced to the concepts of physics, motion, and energy through hands-on activities. These concepts are explored through various materials and media, including wind and water, in processes mirroring the Engineering Design Process.

**Thu: 1/29-3/5 5-6pm**  
210711-A R: \$125 / NR: \$135  
**Instructor:** Patty MacDonald-Potts  
**Location:** Senior Center-Left

## Aerospace Engineering 7-12 years

Introduces students to the concepts of aerodynamics, propulsion, structural design, and flight through a series of activities that explore different types of aircraft. Students will learn the basic mechanics of flying machines through hands-on testing and revising their designs using elements of the Engineering Design Process.

**Thu: 4/16-5/21 5-6pm**  
230721-A R: \$125 / NR: \$135  
**Instructor:** Patty MacDonald-Potts  
**Location:** Senior Center-Left

## **NEW!** Weebotics Mommy & Me 4-6 years

Weebotics is redefining robotics, making it possible for youngsters to build and program their own robots. This hands-on learning experience engages creative thinking and problem-solving skills. You and your child will program using traditional Lego pieces and simple, drag-and-drop software.

**Location:** Community Room  
**Wed: 1/28-3/4 3:15-4:30pm**  
210716-A R: \$140 / NR: \$150  
**Location:** Senior Center-Right  
**Sun: 2/1-3/8 12:30-1:45pm**  
210716-B R: \$140 / NR: \$150  
**Location:** Community Room  
**Wed: 3/18-5/6\* 3:15-4:30pm**  
210716-C R: \$164 / NR: \$174  
**Location:** Senior Center-Right  
**Sun: 3/22-5/10\* 12:30-1:45pm**  
210716-D R: \$164 / NR: \$174  
\*No class dates 4/1, 4/5  
**Instructor:** Digital Kidz

## **NEW!** Weebotics 5-6 years

Weebotics makes it possible for young children to explore the world of robotics. Build basic robots using traditional LEGO bricks, experiment with working motors and sensors, record custom sound effects, then program "Weebots" using drag-and-drop software while developing skills in Science, Technology, Engineering and Math!

**Location:** Senior Center-Right  
**Thu: 1/29-3/5 5-6:15pm**  
210717-A R: \$140 / NR: \$150  
**Location:** Community Room  
**Tue: 3/17-5/5\* 5-6:15pm**  
210717-B R: \$140 / NR: \$150  
\*No class dates 3/31  
**Instructor:** Digital Kidz



## Jr. Robotics 6-9 years

This Digital Kidz program immerses students in the exciting world of Robotics using the LEGO MINDSTORMS NXT. Whether you're brand new to programming and robotics or an aspiring engineer, you'll expand your knowledge while having an awesome time with classmates who share your interests.

**Location:** Community Room  
**Wed: 1/28-3/4 5-6:15pm**  
220715-A R: \$140 / NR: \$150  
**Location:** Senior Center-Right  
**Sun: 2/1-3/8\* 2-3:15pm**  
220715-B R: \$140 / NR: \$150  
**Location:** Community Room  
**Wed: 3/18-5/6\* 5-6:15pm**  
220715-C R: \$140 / NR: \$150  
**Location:** Senior Center-Right  
**Sun: 3/22-5/10\* 2-3:15pm**  
220715-D R: \$140 / NR: \$150  
\*No class dates 4/1, 4/5  
**Instructor:** Digital Kidz

## Robotics- Next Generation 8-12 years

Using 3D building instructions and the most advanced technology ever developed, students work with LEGO MINDSTORMS EV3, the latest generation of robots. Advanced technology means stronger, smarter, faster robots. Program using software based on the industry-leading graphical programming language used by scientists and engineers worldwide or your smart device! Students command their robots to walk, talk, think and do anything they can imagine.

**Wed: 1/28-3/4 6:30-7:45pm**  
220721-A R: \$140 / NR: \$150  
**Sat: 3/21-5/2\* 11:30am-12:45pm**  
220721-B R: \$140 / NR: \$150  
\*No class dates 4/4  
**Instructor:** Digital Kidz  
**Location:** Community Room

## Robotics Challenge 8-12 years

Students are introduced to competitive robotics. Teams build, test, and program an autonomous robot using Lego Mindstorms to compete in events including races, obstacle courses, mazes, and robot soccer. Students complete building and programming challenges like those used in First Lego League competitions. Prerequisite: Robotics or comparable skills.

**Thu: 3/19-5/7\* 4:45-6pm**  
220722-A R: \$140 / NR: \$150  
\*No class dates 4/2  
**Instructor:** Digital Kidz  
**Location:** Senior Center-Right



## **NEW!** Digital Designers

**5-7 years**

All little designers will work on projects that integrate traditional art mediums, such a painting and drawing, with the digital media of today! This Digital Kidz course gives students hands-on experience with digital photography, animation, and music! Age-appropriate computer programs help students learn about famous artists, artworks, and art styles while learning the basic principles of design!

**Sat: 1/31-3/7 11am-12:15pm**  
220714-A R: \$140 / NR: \$150  
**Instructor:** Digital Kidz  
**Location:** Community Room



## **Jr. Video Game Design**

**6-9 years**

Now available for grades 1st-3rd, this special class is specifically designed for young children to cultivate their interest to become game designers, multimedia artist, engineers, programmers and more! Give your child the opportunity to see how professional games are made. Learn cutting edge computer skills through the fun art of 3D Game Design using award winning Platinum Arts Sandbox.

**Thu: 1/16-2/20 6:15-7:15pm**  
220717-A R: \$149 / NR: \$159  
**Thu: 3/12-4/23\* 6:15-7:15pm**  
220717-B R: \$149 / NR: \$159

\*No class dates 4/2

**Instructor:** C3 Cyber Club  
**Location:** Art Room

## **Jr. Minecraft Programming 6-9 years**

Using a custom mod called "Computercraft", students will learn how to program robots called "Turtles" inside the world of Minecraft. Kids will utilize problem-solving skills by learning how to program their robots to complete various tasks and objectives such as programming their turtles to automatically build, mine, and craft items and structures. They will be introduced to programming if-then-else statements, for-while loops, and implement their own functions using Lua, a simple scripting language. Computercraft is an easy-to-install mod that can be downloaded to your PC/Mac/Linux. Programs created in class can be easily saved to a small flash drive, installed, and edited at home. Looking for a fun way to introduce your child to programming? Why not do it using a game they love! Note: Basic reading skills required. Experience playing Minecraft preferred, but not required.

**Sat: 1/31-3/7 9-10am**  
220720-A R: \$149 / NR: \$159  
**Sat: 3/14-4/25\* 9-10am**  
220720-B R: \$149 / NR: \$159

\*No class dates 4/4

**Instructor:** C3 Cyber Club  
**Location:** Community Room

## **NEW! Adventures in Movie Making 7-9 years**

Lights! Camera! Action! This Digital Kidz hands-on course is designed to capture students' creative edge while teaching fundamentals of digital video and audio technology. Students learn the basics of the moviemaking process, pre-production storyboarding, movie production & filming, how to create dynamic camera angles and shots, how to edit a movie, how to add drama using music and sound-effects.

**Sat: 1/31-3/7 12:30-1:45pm**  
230726-A R: \$140 / NR: \$150

**Instructor:** Digital Kidz  
**Location:** Community Room

## **Adventures in Animation 7-10 years**

Students learn to animate drawings, shape characters out of clay and tell animated stories. Students discover how to bring art to life with animation. They mix and match different techniques to tell amazing stories, and then add sound and special effects to make their animation masterpieces shine!

**Sat: 3/21-5/2\* 12:30-1:45pm**  
230724-A R: \$140 / NR: \$150

\*No class dates 4/4

**Instructor:** Digital Kidz  
**Location:** Senior Center-Right

## **NEW! Scratch Programming 7-12 years**

What's more fun than playing an interactive video game? Writing one! Video sensing allows students to design and program their own video games and then test them by interacting with the program via web-cam. In this Scratch program, students work together to create their own games, art, and musical instruments while exploring coding foundations. Get up and get moving with Engineering for Kids and Scratch: Video Sensing!

**Wed: 1/28-3/4 5-6pm**  
230722-A R: \$125 / NR: \$135

**Instructor:** Patty MacDonald-Potts  
**Location:** Senior Center-Right

## **3D Game Design 9-14 years**

Immerse yourself in the exciting world of 3D game design! Create 3D games like action or adventure or invent a new one. Design your own characters, backgrounds and sounds. Campers discover 3D game-development concepts like game planning, path-based movement, collision detection, level design, dialogue, inventory and playability.

**Location:** Community Room

**Thu: 1/29-3/5 7:30-8:30pm**  
220718-A R: \$149 / NR: \$159

**Location:** Art Room

**Thu: 3/12-4/23\* 7:30-8:30pm**  
220718-B R: \$149 / NR: \$159

\*No class dates 4/2

**Instructor:** C3 Cyber Club

# Game Design and Computer Classes

## **NEW!** Adventures in Game Design 8-12 years

Playing video games is fun. Creating your own is awesome! Learn the concepts of game theory then use this knowledge to create fully-functional video games by adding characters, backgrounds and more from a massive library of cool sprites. Students also learn real-world app development and build arcade style video games for iPhone, iPad and iPod touch. Take your games home and amaze your friends!

**Wed: 3/18-5/6\* 6:30-7:45pm**  
220723-A R: \$140 / NR: \$150

\*No class dates 4/1

**Instructor:** Digital Kidz

**Location:** Community Room



## **NEW!** Animation with Flash 9-12 years

Ever wanted to make your very own cartoon? Well now you can! Using their artistic skills and love of cartoons, students will create their own Flash animations and learn the ins and outs of how cartoons are made. From a bouncing ball, to a walk cycle, to a full-length cartoon, students will enhance their creativity and master the basic principles of animation.

**Sat: 3/21-5/2\* 2-3:15pm**  
230725-A R: \$140 / NR: \$150

\*No class dates 4/4

**Instructor:** Digital Kidz

**Location:** Senior Center-Right

## **NEW!** Digital Art with Photoshop 9-13 years

Students learn to digitally manipulate photos and create special effects in Adobe Photoshop. Students learn to manipulate lighting, exposure, filters, and shading with the click of a mouse. They re-size, crop, mask, blur and use various filters to create compelling artwork and graphics. Students experiment with brushes, tools, the drawing tablet, and custom colors to create all new images. Turn a photograph into a charcoal drawing? Interchange subjects and their backgrounds! Ever wanted to turn your friends into zombies or place them on the moon? With Photoshop anything is possible!

**Sat: 1/31-3/7 2-3:15pm**  
230723-A R: \$140 / NR: \$150

**Instructor:** Digital Kidz

**Location:** Art Room

## **Minecraft Modding & Game Prgm 9-14 years**

In this class, students will learn how to create and texture their own items and codes using the popular game Minecraft, while at the same time learning the basics of Java! Learn how to create and implement your own custom blocks, weapons, food, recipes, and more! Determine how each of your own items appear and behave. Students will learn from pre-made templates, and how to create their own Java packages and classes. By the end of the class, students will have their own fully functional Minecraft mod package that they can use and modify at home! Do you spend hours at a time playing Minecraft? Learn how to improve your gameplay experience, and create your own custom mods today!

**Sat: 1/31-3/7 10:15-11:15am**  
230718-A R: \$149 / NR: \$159

**Sat: 3/14-4/25\* 10:15-11:15am**  
230718-B R: \$149 / NR: \$159

\*No class dates 4/4

**Instructor:** C3 Cyber Club

**Location:** Community Room

## **NEW!** Filmmaking and Special Effects

**10-12 years**

Learn the Hollywood techniques used by industry professionals. Students learn how editors work and think; how sound and picture work together; editing steps; adding sound effects, music, and narration; basics of titles. Students learn special effects techniques to create Hollywood-style animations, transitions and effects, including green screen for advanced effects.

**Thu: 1/29-3/5 6:30-7:45pm**  
230727-A R: \$140 / NR: \$150

**Instructor:** Digital Kidz

**Location:** Art Room

## **NEW!** Decrease Your Telecom Costs 18 & up

Want to explore ways to decrease your landline, wireless and cable bills? In this highly informative class, find out about new technologies like Roku, Chromecast & Hulu. Find out how to get free HDTV and go wireless to help save you money. Communicate via FaceTime & Google Voice to replace your landline phone.

**Thu: 4/2 10am-12:30pm**  
250138-A R: \$35 / NR: \$45

**Instructor:** Andy Livingston

**Location:** Art Room

## **Today's Technology 40 & up**

Confused about all the technology that society is using? Want to explore the world and not leave your house? This informative, 8-week course will delve into cell/smart phones, social media (Facebook, etc.), computers, computer maintenance tips and sites to help save money. We also will discover interesting Websites to make your life easier and which will allow you to interact with people who have like interests. Also, the latest from Microsoft, Google, EBay and MUCH MORE ! Enrollment is limited, so sign up today. Fee includes an USB device with the curriculum.

**Thu: 1/29-2/19 10am-12pm**  
251022-A R: \$125 / NR: \$135

**Instructor:** Andy Livingston

**Location:** Teen Center

# Computer and Art Classes

## Computer Basics 40 & up

Confused about all the technology that society is using? Want to stay connected to your kids' or grandkids' everyday life utilizing today's technology? Want to explore the world and not leave your house? This informative, 8-week course will delve into cell/smart phones, social media (Facebook, etc.), computers, computer maintenance tips and sites to help save money. We also will discover interesting Websites to make your life easier and which will allow you to interact with people who have like interests. Also, the latest from Microsoft, Google, EBay and MUCH MORE! Enrollment is limited, so sign up today. Fee includes an USB device with the curriculum.

**Thu: 3/12-3/19 10am-12pm**  
251024-A R: \$78 / NR: \$88

**Instructor:** Andy Livingston

**Location:** Teen Center

## Computer Maintenance

### 18 & up

Students will learn how to keep their computers running smoothly by learning to use system tools, utility programs, firewalls, and virus protection. They will also learn how to handle a computer crash, decipher error messages, delete files, cookies and unwanted programs and keep their computers updated automatically. In addition, computer hardware maintenance will be discussed, along with proper surge protection and wireless network protection and MUCH MORE!

**Thu: 2/26-3/5 10am-12pm**  
250136-A R: \$78 / NR: \$88

**Instructor:** Andy Livingston

**Location:** Senior Center-Right



Winter/Spring 2015

## ART CLASSES

### Art In Hand Tots

#### 18 months-3 years

Warm up with some cool art this winter, then let more art blossom in the spring! Each week, an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction inspired by nature and the colors and textures of the season, from wintry wonders to springtime discoveries. Our developmental approach will stimulate the senses, spark imaginations and support emerging language, social and problem-solving skills. Most of all tots and their grown-ups can be creative, have fun and make the mess away from home! [www.artinhand.org](http://www.artinhand.org)

**artinhand.org**

**Mon: 1/26-3/23\* 10-10:45am**

210110-A R: \$148 / NR: \$158

**Mon: 4/6-6/1\* 10-10:45am**

210110-B R: \$148 / NR: \$158

\*No class dates 2/16, 5/25

**Instructor:** Art in Hand Staff

**Location:** Art Room



### Twoosy Doodlers

#### 20 months-3 years

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language, and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too.

**Wed: 1/28-3/18 9:30-10:10am**

210101-A R: \$110 / NR: \$120

**Wed: 1/28-3/18 10:30-11:10am**

210101-B R: \$110 / NR: \$120

**Wed: 4/8-5/13 9:30-10:10am**

210101-C R: \$83 / NR: \$93

**Wed: 4/8-5/13 10:30-11:10am**

210101-D R: \$83 / NR: \$93

**Instructor:** Abrakadoodle

**Location:** Art Room

### Art In Hand Preschoolers

#### 2-6 years

Warm up with some cool art this winter, then let more art blossom in the spring! Each week, an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction inspired by nature and the colors and textures of the season. It's the perfect class for sibling pairs or anyone through kindergarten age. The program's distinctive approach is designed to stimulate the senses, spark imaginations, support the development of language and emerging literacy, and promote social and problem solving skills. Most importantly, the class offers a fun, supportive social environment where children and their parent/caregiver can share the adventure of creative expression through art! [www.artinhand.org](http://www.artinhand.org)

**Mon: 1/26-3/23\* 11-11:45am**

210109-A R: \$148 / NR: \$158

**Mon: 4/6-6/1\* 11-11:45am**

210109-B R: \$148 / NR: \$158

\*No class dates 2/16, 5/25

**Instructor:** Art in Hand Staff

**Location:** Art Room

### Young Rembrandts

#### Pre K 3-5 years

Preschoolers learn drawing skills, develop kindergarten readiness and create fun, rewarding works of art. Each session includes all new lessons designed for preschoolers to build shape and object recognition, motor planning and creative expression. Bring out the best in your little artist!

**Location:** Art Room

**Tue: 1/27-3/10 10-10:45am**

210111-A R: \$105 / NR: \$115

**Location:** Senior Center-Right

**Sat: 1/31-3/14 10-10:45am**

210111-B R: \$105 / NR: \$115

**Location:** Art Room

**Tue: 3/17-5/12\* 10-10:45am**

210111-C R: \$120 / NR: \$130

**Sat: 3/21-5/16\* 10-10:45am**

210111-D R: \$120 / NR: \$130

\*No class dates 3/31, 4/4

**Instructor:** Young Rembrandts

# Art Classes

## Mini Doodlers 3-6 years

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools, and more, the children create masterpieces that are truly unique.

**Wed: 1/28-3/18 2-2:45pm**  
210102-A R: \$110 / NR: \$120  
**Wed: 1/28-3/18 3-3:45pm**  
210102-B R: \$110 / NR: \$120  
**Wed: 4/8-5/13 2-2:45pm**  
210102-C R: \$83 / NR: \$93  
**Wed: 4/8-5/13 3-3:45pm**  
210102-D R: \$83 / NR: \$93

**Instructor:** Abrakadoodle

**Location:** Art Room



## Abrakadoodle "Sculpt It!" 6-12 years

Learn to create 3D art using a variety of tools (wire, wood, clay, aluminum, plastic, string and paper). We will explore amazing artists or artist styles while we practice different types of sculpture. So, join us as we mold, bend, twist, stretch, balance and most importantly use our imaginations while we create interesting things that are sure to brighten someone's day.

**Tue: 1/27-3/17 4:30-5:30pm**  
220123-A R: \$120 / NR: \$130  
**Tue: 4/7-5/12 4:30-5:30pm**  
220123-B R: \$90 / NR: \$100

**Instructor:** Abrakadoodle

**Location:** Art Room



## Young Rembrandts Cartooning 6-12 years

Young artists develop their cartooning skills, learn to draw action and emotions, play with color, and express their humor and imagination. Each session includes all new cartooning lessons of animals and people in animated situations. Encourage your child's playful creativity!

**Wed: 1/28-3/11 5:30-6:30pm**  
220111-A R: \$105 / NR: \$115  
**Sat: 1/31-3/14 12:30-1:30pm**  
220111-B R: \$105 / NR: \$115  
**Wed: 3/18-5/13\* 5:30-6:30pm**  
220111-C R: \$120 / NR: \$130  
**Sat: 3/21-5/16\* 12:30-1:30pm**  
220111-D R: \$120 / NR: \$130

\*No class dates 4/1, 4/4

**Instructor:** Young Rembrandts

**Location:** Art Room

## Young Rembrandts Drawing 6-12 years

Young artists build their drawing skills in a structured format to create their own works of art. Each session includes all new drawing lessons with seasonal drawings, an art history lesson, realistic and abstract styles. Educational, artistic fun!

**Location:** Teen Center

**Thu: 1/29-3/12 6-7pm**  
230105-A R: \$105 / NR: \$115

**Location:** Senior Center-Right

**Sat: 1/31-3/14 11am-12pm**  
230105-B R: \$105 / NR: \$115

**Location:** Teen Center

**Thu: 3/19-5/14\* 6-7pm**  
230105-C R: \$120 / NR: \$130

**Location:** Senior Center-Right

**Sat: 3/21-5/16\* 11am-12pm**  
230105-D R: \$120 / NR: \$130

\*No class dates 4/2, 4/4

**Instructor:** Young Rembrandts

Early registration  
prevents  
class cancellation!

## Kids on Canvas 6-12 years

Grab a paintbrush and jump right in for a colorful "Kids on Canvas" adventure! Use acrylic paint to explore traditional painting subjects such as the figure, landscape, and still life- with a fresh Abrakadoodle twist.

**Wed: 1/28-3/18 4:30-5:30pm**  
220140-A R: \$125 / NR: \$135  
**Wed: 4/8-5/13 4:30-5:30pm**  
220140-B R: \$95 / NR: \$105

**Instructor:** Abrakadoodle

**Location:** Senior Center-Left

## Watercolor Painting for All 18 & up

It is easier than you think and lots of fun! Students work on lessons and exercises at their own level, so this class is recommended for beginners and experienced painters alike. Mix colors that you see using as few as seven pigments and apply those colors using washes, glazes and creative brushwork. There will be a good balance between subjects of still life, landscape, waterscape, night, scenes and reflections. Advanced students may work on projects of their choice. Some drawing experience is helpful but not required. Supply list at first class.

**Fri: 1/30-3/20 10am-12:30pm**  
250118-A R: \$190 / NR: \$200  
**Fri: 4/24-6/12\* 10am-12:30pm**  
250118-B R: \$190 / NR: \$200

**Instructor:** Vivian P. Attermeyer

**Location:** Art Room



## Private Piano or Voice Lessons 4 & up

Interested in developing vocal talent? Work one on one with a vocal coach or beginner to intermediate level piano. Sharon Sloane-Hornseth has a Bachelors of Fine Arts in Music, with an emphasis in vocal performance, from Carnegie-Mellon University in Pittsburgh, PA and a Master of Music Education, with a focus on vocal performance, from George Mason University. Basic voice training exercises will be used as well as classical, Broadway or contemporary music selections. Student is responsible for purchasing a music book. For additional information, please email Sharon at [ahorn1@verizon.net](mailto:ahorn1@verizon.net).

<b>Thu: 2/5-2/26</b>	<b>4:30-5pm</b>
230703-B	R: \$160 / NR: \$170
<b>Thu: 2/5-2/26</b>	<b>5-5:30pm</b>
230703-B1	R: \$160 / NR: \$170
<b>Thu: 2/5-2/26</b>	<b>5:30-6pm</b>
230703-B2	R: \$160 / NR: \$170
<b>Thu: 2/5-2/26</b>	<b>6-6:30pm</b>
230703-B3	R: \$160 / NR: \$170
<b>Thu: 2/5-2/26</b>	<b>6:30-7pm</b>
230703-B4	R: \$160 / NR: \$170
<b>Thu: 2/5-2/26</b>	<b>7-7:30pm</b>
230703-B5	R: \$160 / NR: \$170
<b>Thu: 2/5-2/26</b>	<b>7:30-8pm</b>
230703-B6	R: \$160 / NR: \$170
<b>Sat: 2/7-2/28</b>	<b>9-9:30am</b>
230703-C	R: \$160 / NR: \$170
<b>Sat: 2/7-2/28</b>	<b>9:30-10am</b>
230703-C1	R: \$160 / NR: \$170
<b>Sat: 2/7-2/28</b>	<b>10-10:30am</b>
230703-C2	R: \$160 / NR: \$170
<b>Sat: 2/7-2/28</b>	<b>10:30-11am</b>
230703-C3	R: \$160 / NR: \$170
<b>Sat: 2/7-2/28</b>	<b>11-11:30am</b>
230703-C4	R: \$160 / NR: \$170
<b>Sat: 2/7-2/28</b>	<b>11:30am-12pm</b>
230703-C5	R: \$160 / NR: \$170
<b>Sat: 2/7-2/28</b>	<b>12:30-1pm</b>
230703-C6	R: \$160 / NR: \$170
<b>Sat: 2/7-2/28</b>	<b>1-1:30pm</b>
230703-C7	R: \$160 / NR: \$170
<b>Sat: 2/7-2/28</b>	<b>1:30-2pm</b>
230703-C8	R: \$160 / NR: \$170
<b>Sat: 2/7-2/28</b>	<b>2-2:30pm</b>
230703-C9	R: \$160 / NR: \$170
<b>Thu: 3/5-3/26</b>	<b>4:30-5pm</b>
230703-D	R: \$160 / NR: \$170
<b>Thu: 3/5-3/26</b>	<b>5-5:30pm</b>
230703-D1	R: \$160 / NR: \$170
<b>Thu: 3/5-3/26</b>	<b>5:30-6pm</b>
230703-D2	R: \$160 / NR: \$170
<b>Thu: 3/5-3/26</b>	<b>6-6:30pm</b>
230703-D3	R: \$160 / NR: \$170
<b>Thu: 3/5-3/26</b>	<b>6:30-7pm</b>
230703-D4	R: \$160 / NR: \$170

<b>Thu: 3/5-3/26</b>	<b>7-7:30pm</b>
230703-D5	R: \$160 / NR: \$170
<b>Thu: 3/5-3/26</b>	<b>7:30-8pm</b>
230703-D6	R: \$160 / NR: \$170
<b>Sat: 3/7-3/28</b>	<b>9-9:30am</b>
230703-E	R: \$160 / NR: \$170
<b>Sat: 3/7-3/28</b>	<b>9:30-10am</b>
230703-E1	R: \$160 / NR: \$170
<b>Sat: 3/7-3/28</b>	<b>10-10:30am</b>
230703-E2	R: \$160 / NR: \$170
<b>Sat: 3/7-3/28</b>	<b>10:30-11am</b>
230703-E3	R: \$160 / NR: \$170
<b>Sat: 3/7-3/28</b>	<b>11-11:30am</b>
230703-E4	R: \$160 / NR: \$170
<b>Sat: 3/7-3/28</b>	<b>11:30am-12pm</b>
230703-E5	R: \$160 / NR: \$170
<b>Sat: 3/7-3/28</b>	<b>12:30-1pm</b>
230703-E6	R: \$160 / NR: \$170
<b>Sat: 3/7-3/28</b>	<b>1-1:30pm</b>
230703-E7	R: \$160 / NR: \$170
<b>Sat: 3/7-3/28</b>	<b>1:30-2pm</b>
230703-E8	R: \$160 / NR: \$170
<b>Sat: 3/7-3/28</b>	<b>2-2:30pm</b>
230703-E9	R: \$160 / NR: \$170
<b>Thu: 4/9-4/30</b>	<b>4:30-5pm</b>
230703-F	R: \$160 / NR: \$170
<b>Thu: 4/9-4/30</b>	<b>5-5:30pm</b>
230703-F1	R: \$160 / NR: \$170
<b>Thu: 4/9-4/30</b>	<b>5:30-6pm</b>
230703-F2	R: \$160 / NR: \$170
<b>Thu: 4/9-4/30</b>	<b>6-6:30pm</b>
230703-F3	R: \$160 / NR: \$170
<b>Thu: 4/9-4/30</b>	<b>6:30-7pm</b>
230703-F4	R: \$160 / NR: \$170
<b>Thu: 4/9-4/30</b>	<b>7-7:30pm</b>
230703-F5	R: \$160 / NR: \$170
<b>Thu: 4/9-4/30</b>	<b>7:30-8pm</b>
230703-F6	R: \$160 / NR: \$170
<b>Sat: 4/11-5/2</b>	<b>9-9:30am</b>
230703-G	R: \$160 / NR: \$170
<b>Sat: 4/11-5/2</b>	<b>9:30-10am</b>
230703-G1	R: \$160 / NR: \$170
<b>Sat: 4/11-5/2</b>	<b>10-10:30am</b>
230703-G2	R: \$160 / NR: \$170

<b>Sat: 4/11-5/2</b>	<b>10:30-11am</b>
230703-G3	R: \$160 / NR: \$170
<b>Sat: 4/11-5/2</b>	<b>11-11:30am</b>
230703-G4	R: \$160 / NR: \$170
<b>Sat: 4/11-5/2</b>	<b>11:30am-12pm</b>
230703-G5	R: \$160 / NR: \$170
<b>Sat: 4/11-5/2</b>	<b>12:30-1pm</b>
230703-G6	R: \$160 / NR: \$170
<b>Sat: 4/11-5/2</b>	<b>1-1:30pm</b>
230703-G7	R: \$160 / NR: \$170
<b>Sat: 4/11-5/2</b>	<b>1:30-2pm</b>
230703-G8	R: \$160 / NR: \$170
<b>Sat: 4/11-5/2</b>	<b>2-2:30pm</b>
230703-G9	R: \$160 / NR: \$170
<b>Thu: 5/7-5/28</b>	<b>4:30-5pm</b>
230703-H	R: \$160 / NR: \$170
<b>Thu: 5/7-5/28</b>	<b>5-5:30pm</b>
230703-H1	R: \$160 / NR: \$170
<b>Thu: 5/7-5/28</b>	<b>5:30-6pm</b>
230703-H2	R: \$160 / NR: \$170
<b>Thu: 5/7-5/28</b>	<b>6-6:30pm</b>
230703-H3	R: \$160 / NR: \$170
<b>Thu: 5/7-5/28</b>	<b>6:30-7pm</b>
230703-H4	R: \$160 / NR: \$170
<b>Thu: 5/7-5/28</b>	<b>7-7:30pm</b>
230703-H5	R: \$160 / NR: \$170
<b>Thu: 5/7-5/28</b>	<b>7:30-8pm</b>
230703-H6	R: \$160 / NR: \$170
<b>Sat: 5/9-6/6*</b>	<b>9-9:30am</b>
230703-I	R: \$160 / NR: \$170
<b>Sat: 5/9-6/6*</b>	<b>9:30-10am</b>
230703-I1	R: \$160 / NR: \$170
<b>Sat: 5/9-6/6*</b>	<b>10-10:30am</b>
230703-I2	R: \$160 / NR: \$170
<b>Sat: 5/9-6/6*</b>	<b>10:30-11am</b>
230703-I3	R: \$160 / NR: \$170
<b>Sat: 5/9-6/6*</b>	<b>11-11:30am</b>
230703-I4	R: \$160 / NR: \$170
<b>Sat: 5/9-6/6*</b>	<b>11:30am-12pm</b>
230703-I5	R: \$160 / NR: \$170
<b>Sat: 5/9-6/6*</b>	<b>12:30-1pm</b>
230703-I6	R: \$160 / NR: \$170
<b>Sat: 5/9-6/6*</b>	<b>1-1:30pm</b>
230703-I7	R: \$160 / NR: \$170
<b>Sat: 5/9-6/6*</b>	<b>1:30-2pm</b>
230703-I8	R: \$160 / NR: \$170
<b>Sat: 5/9-6/6*</b>	<b>2-2:30pm</b>
230703-I9	R: \$160 / NR: \$170

\*No class dates 5/30

**Instructor:** Dream In Color

**Location:** Preschool Room

# Music Classes

## NEW! Private Guitar Lessons 7 & up

This is the chance to get a private instruction in guitar with Ian Dandridge! Ian is a skilled and experienced guitarist who have played and performed for over ten years. He played in Robinson Jazz Ensemble and the Robinson Guitar Ensemble throughout High school. Ian has been performing shows with various bands in VA, MD, DC, PA, etc. He is one of the founders of the band "Call for Fire." Ian has been teaching students of different levels at GMA for the past three years and is well-versed in any style a student wants to learn. Students need to bring their own guitar.

<b>Mon: 1/26-2/23*</b>	<b>4:30-5pm</b>
220605-A	R: \$155 / NR: \$165
<b>Mon: 1/26-2/23*</b>	<b>5-5:30pm</b>
220605-A1	R: \$155 / NR: \$165
<b>Mon: 1/26-2/23*</b>	<b>5:30-6pm</b>
220605-A2	R: \$155 / NR: \$165
<b>Mon: 1/26-2/23*</b>	<b>6-6:30pm</b>
220605-A3	R: \$155 / NR: \$165
<b>Mon: 1/26-2/23*</b>	<b>6:30-7pm</b>
220605-A4	R: \$155 / NR: \$165

\*No class dates 2/16

**Instructor:** Global Music Acad.

**Location:** Preschool Room

## NEW! Guitar Club 8-12 years

The guitar is a fun and exciting instrument that allows students to learn the fundamentals of music theory while learning music they enjoy! This introductory class allows students to learn the basics of guitar. Students will be introduced to the proper way to hold and strum a guitar along with beginning note reading and theory. Using songs from basic method books, students will be able to learn familiar songs and play them as a group. The Guitar instructor Ian Dandridge graduated from George Mason University and performs with his own band "Call for Fire." Students are required to bring their own instruments.

<b>Mon: 1/26-4/6*</b>	<b>7-7:45pm</b>
220604-A	R: \$225 / NR: \$235

\*No class dates 2/16, 3/30

**Instructor:** Global Music Acad.

**Location:** Teen Center

## Music Together

### Birth to 4 years

Music Together is a community of families sharing songs, instrument play, movement, dance, and rhythm activities in comfortable and relaxed setting. Music Together classes build on your young child's natural enthusiasm for music and movement. All classes made up of family-style classes of mixed ages. Babies 9 months and younger attend FREE with a registered sibling. \$40 discount for siblings. Tuition includes 2 CDs and Songbook of the semester's music and our "Music Together at Home" Booklet and DVD. For further information and to watch our Music Together video visit [www.MusicWithMaddy.com](http://www.MusicWithMaddy.com)

<b>Mon: 1/26-3/16</b>	<b>9:15-10am</b>
210608-A	R: \$180 / NR: \$190
<b>Mon: 1/26-3/16</b>	<b>10:15-11am</b>
210608-B	R: \$180 / NR: \$190
<b>Tue: 1/27-3/17</b>	<b>9:15-10am</b>
210608-C	R: \$180 / NR: \$190
<b>Tue: 1/27-3/17</b>	<b>10:15-11am</b>
210608-D	R: \$180 / NR: \$190
<b>Wed: 1/28-3/18</b>	<b>9:15-10am</b>
210608-E	R: \$180 / NR: \$190
<b>Wed: 1/28-3/18</b>	<b>10:15-11am</b>
210608-F	R: \$180 / NR: \$190
<b>Mon: 4/13-6/8*</b>	<b>9:15-10am</b>
210608-G	R: \$180 / NR: \$190
<b>Mon: 4/13-6/8*</b>	<b>10:15-11am</b>
210608-H	R: \$180 / NR: \$190
<b>Tue: 4/14-6/2</b>	<b>9:15-10am</b>
210608-I	R: \$180 / NR: \$190
<b>Tue: 4/14-6/2</b>	<b>10:15-11am</b>
210608-J	R: \$180 / NR: \$190
<b>Wed: 4/15-6/3</b>	<b>9:15-10am</b>
210608-K	R: \$180 / NR: \$190
<b>Wed: 4/15-6/3</b>	<b>10:15-11am</b>
210608-L	R: \$180 / NR: \$190

\*No class dates 5/25

**Instructor:** Maddy O'Neill-Dean

**Location:** Community Room

## Amigos Play

### 12 months-5 years

Amigos Play is a Spanish immersion language and music program for toddlers and young children. It is ideal for families that want to expose or reinforce Spanish (regardless of language level) with their little ones in a fun way! Through music, movement, puppets, and age-appropriate activities, you and your child will be engaged in the language as we play with colors, shapes, and learn Spanish through a winter or animal theme. This 45-minute mixed age session requires participation by an adult. Siblings under 14 months may attend for free. Questions? Contact: [amigosplay@clarocode.com](mailto:amigosplay@clarocode.com).

**Location:** Dance-Left

<b>Wed: 12/17</b>	<b>9:15-10am</b>
211205-A	R: \$15 / NR: \$20
<b>Wed: 12/17</b>	<b>10:15-11am</b>
211205-B	R: \$15 / NR: \$20
<b>Fri: 12/19</b>	<b>9:15-10am</b>
211205-C	R: \$15 / NR: \$20
<b>Fri: 12/19</b>	<b>10:15-11am</b>
211205-D	R: \$15 / NR: \$20
<b>Fri: 1/30-3/20</b>	<b>9:15-10am</b>
211205-E	R: \$170 / NR: \$180
<b>Fri: 1/30-3/20</b>	<b>10:15-11am</b>
211205-F	R: \$170 / NR: \$180

**Location:** Art Room

<b>Sat: 1/31-3/21</b>	<b>9-9:45am</b>
211205-G	R: \$170 / NR: \$180
<b>Location:</b> Dance-Left	
<b>Fri: 4/10-5/15</b>	<b>9:15-10am</b>
211205-I	R: \$130 / NR: \$140
<b>Fri: 4/10-5/15</b>	<b>10:15-11am</b>
211205-J	R: \$130 / NR: \$140

**Location:** Art Room

<b>Sat: 4/11-5/16</b>	<b>9-9:45am</b>
211205-K	R: \$130 / NR: \$140

**Instructor:** Flory Correa

**FREE  
Demonstration Classes  
(for new families)  
1/6, 1/7 and 3/19  
at 10am**



# Dance Classes

Welcome to the Winter-Spring session of the Falls Church Dance Program. Below is some helpful information for parents and dancers. Please be sure to read all information carefully. If you have any questions or need further information please contact the Falls Church Recreation and Parks Department at **703-248-5027**.

- **Registration:** To accommodate as many students as possible, we recommend parents come to registration with at least three class options. Waitlisted students will only be accommodated, if an enrolled student withdraws from the class.
- **Spring Recitals:** This semester will conclude with our annual spring recitals. We will have two dance recital show dates; May 16 and Memorial Day weekend, May 23. The show times for May 16th are 10:30am, 1pm, and 4pm and will include all Dream in Color, Go Bananas Dancing, LLC, Global Music Academy, and school age and preschool C EBD classes. The show times for Memorial Day weekend on May 23 are 10am and 11:30am and will include Adrenaline Dance Force, EBD- Preschool A & B dance classes. Exact show times will be determined by the instructors.
- **Costumes:** All costume fees for the spring recital have been included in the class fee. The class fee includes class instruction and recital costume. Full payment for the class and costume is due at the time of registration. If your child is not participating in the dance recital, please complete a waiver form. Waiver forms may be obtained from staff at the time of registration. Either a household credit or a refund check will be mailed to your home for the price of the costume. A costume will not be ordered for your child.
- **Class Transfers:** Students will have only two weeks to transfer from one dance class into another, as space permits. After February 14, no transfers will be permitted unless the child is NOT participating in the dance recital. Costumes are ordered by the second class to ensure receipt for the dance recital. Each costume is hand-made and will be shipped to the Community Center from out of state companies.
- **EBD Ballet Program:** All classes in the Ballet Program require a teacher referral, as experience is required for these more intensive classes. Please speak with your child's teacher if you have questions about which class is appropriate for them to attend.

## Shoes and Attire

**Preschool Dance Classes:** Many students wear leotards, tights and skirts. Ballet shoes are recommended for all Preschool classes.

**Preschool B and C classes:** ballet shoes as well as tap shoes or other "noisy shoes" (such as dress shoes with non-marking soles) are also needed for class.

**Ballet Classes:** Ballet shoes required. Dancewear or other form-fitting clothing required.

**Tap/Jazz Classes:** Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

**Jazz Classes and Creative Dance Classes:** Jazz or ballet shoes required. Dancewear or other form-fitting clothing required

**Ballet/Tap/Jazz Classes:** Ballet and tap shoes required. Dancewear or other form-fitting clothing required.

**Musical Theater Classes:** Black Jazz shoes required.

**Hip Hop:** No special shoes or clothing required.

In an effort offer a variety of dance genres, Falls Church Recreation and Parks Department has partnered with numerous dance companies to meet the needs of the community. Each contractor determines their own class prices. For additional information on each company, please visit their websites:

Adrenaline Dance Force  
**[www.AdrenalineDanceForce.com](http://www.AdrenalineDanceForce.com)**

Dream In Color Foundation  
**[www.dreamincolordance.org](http://www.dreamincolordance.org)**

Every Body Dance (EBD)  
**[www.everybodydanceva.com](http://www.everybodydanceva.com)**

Global Music Academy  
**[www.globalmusicacademy.org](http://www.globalmusicacademy.org)**

Go Bananas Dancing, LLC  
**[www.gobananasdancing.com](http://www.gobananasdancing.com)**

## **NEW!** Zumbini Birth to 3 years

Designed to let you and your little ones 0 to 3 years old wiggle, sing and learn together, the Zumbini program is where the science of child development meets the magic of Zumba. Zumbini classes include rhythm, vocal, movement and instruments, exposing children and their caregivers to music and all of its benefits! Packed with energy, fun and play, Zumbini classes contribute toward the natural development of cognitive, social, emotional and physical skills. At least one caregiver must participate with the child in the classes.

<b>Fri: 1/30-3/20</b>	<b>12:30-1:15pm</b>
210404-A	R: \$175 / NR: \$185
<b>Sat: 1/31-3/14</b>	<b>11:30am-12:15pm</b>
210404-B	R: \$154 / NR: \$164

**Instructor:** Zumba Fusion Studio

**Location:** Community Room

All dancers must meet the class age requirements by September 30, 2014.

The dance recitals will be held on May 16 and Memorial Day weekend May 23.

# Dance Classes



## NEW! Mommy & Me

### 2-3 years

A perfect introduction to music and dance! This 30 minutes long class is structured to help the children learn and discover very basic movements, expressions, and creativity thru movement games, exercises, and stretches alongside their parents. The selected music is variety of famous children's songs and Disney movies songs. It is an ideal introduction to dance for the 2 and 3 years old and a fun class for their parents, too!

**Tue: 1/27-3/24 11-11:30am**

210225-A R: \$135 / NR: \$145

**Instructor:** Global Music Acad.

**Location:** Dance-Left

## Preschool Dance A

### 2-3 years

An introduction to dance, movement, and expression for 2-3 year olds. Emphasis will be placed on ballet basics while we help our youngest dancers develop balance, coordination, and rhythm. Parents or guardians must stay on premises but not in the classroom, unless requested by the instructor. Preschool A classes recommend ballet shoes.

**Instructor:** EBD- Davis

**Location:** Dance Studio

**Mon: 1/26-5/4\* 9-9:30am**

210203-A R: \$130 / NR: \$140

**Mon: 1/26-5/4\* 9:30-10am**

210203-B R: \$137 / NR: \$147

**Tue: 1/27-5/5\* 9-9:30am**

210203-C R: \$137 / NR: \$147

**Tue: 1/27-5/5\* 9:30-10am**

210203-D R: \$137 / NR: \$147

**Instructor:** EBD-Lauer

**Location:** Senior Center-Left

**Sat: 1/31-5/9\* 9:30-10am**

210203-Q R: \$137 / NR: \$147

\*No class dates 2/16, 3/30, 3/31, 4/4

## Preschool Dance B

### 3-4 years

An introduction to dance, movement, and expression for 3 to 4 year olds. In Preschool B classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

**Instructor:** EBD- Davis

**Location:** Dance Studio

**Mon: 1/26-5/4\* 10-10:45am**

210213-A R: \$181 / NR: \$191

**Mon: 1/26-5/4\* 10:45-11:30am**

210213-B R: \$181 / NR: \$191

**Instructor:** EBD-Allen

**Mon: 1/26-5/4\* 3:45-4:30pm**

210213-C R: \$181 / NR: \$191

**Instructor:** EBD-Davis

**Tue: 1/27-5/5\* 10-10:45am**

210213-D R: \$191 / NR: \$201

**Tue: 1/27-5/5\* 1-1:45pm**

210213-E R: \$191 / NR: \$201

**Instructor:** EBD-Hafer

**Thu: 1/29-5/7\* 1-1:45pm**

210213-G R: \$191 / NR: \$201

**Instructor:** Dream In Color

**Sat: 1/31-5/9\* 10-10:45am**

210213-L R: \$194 / NR: \$204

**Sat: 1/31-5/9\* 10:45-11:30am**

210213-N R: \$194 / NR: \$204

**Instructor:** EBD-Lauer

**Location:** Senior Center-Left

**Sat: 1/31-5/9\* 11:15am-12pm**

210213-O R: \$191 / NR: \$201

\*No class dates 2/16, 3/30, 3/31, 4/2, 4/4

## Classical Ballet 3-5 years

This ballet class will expose your little ballerina to many of the classical ballet stories. Basic ballet concepts will be introduced to lay a positive technical foundation (i.e.: positions, plies, etc). Students will enjoy being exposed to real ballet stories to create a love for this classical art form!

**Mon: 1/26-5/11\* 3:15-4pm**

210224-A R: \$239 / NR: \$249

\*No class dates 2/16, 3/30

**Instructor:** Adrenaline Dance Force

**Location:** Dance-Left

## All that Ballet, Jazz & Mvmnt 3-5 years

This high-energy class is perfect for the young dancer who wants to try various dance styles. Children will learn basic Ballet steps and Creative Movement exercises in a fun, non-competitive environment. Also, they will enjoy choreographed Jazz routines to contemporary age-appropriate music, including a routine to be performed in the annual dance recital! Ballet shoes recommended, but not required.

**Thu: 1/29-5/7\* 1:15-2pm**

220201-A R: \$239 / NR: \$249

\*No class dates 2/5, 4/2

**Instructor:** Go Bananas Dancing

**Location:** Dance-Left



## Adrenaline Hip Hop Rock N' Roll 3-6 years

Does your little one love to move? They will have a blast learning the basics of hip hop and dance as well as beginning tumbling in this class. Every class will begin with a warm up, creative movement and tumbling basics that will encourage confidence and enhance rhythm and motor skills! Come Rock N' Roll with us to all of their favorite tunes. Comfortable loose clothing and bare feet are recommended. This class will conclude with an in-class performance at the end of the session. \*Please note this class will not participate in the dance recital.

**Hip Hop Ages 3-4**

**Wed: 1/28-4/29\* 1-1:45pm**

210223-A R: \$140 / NR: \$150

**Hip Hop Ages 5-6**

**Wed: 1/28-4/29\* 1:45-2:30pm**

210223-B R: \$140 / NR: \$150

\*No class dates 4/1

**Instructor:** Adrenaline Staff

**Location:** Dance-Left



## Preschool Dance C 4-5 years

In Preschool B classes, students will be introduced to tap. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

**Instructor:** EBD- Davis

**Location:** Dance Studio

**Mon: 1/26-5/4\* 11:30am-12:15pm**

210214-A R: \$186 / NR: \$196

**Instructor:** EBD-Allen

**Mon: 1/26-5/4\* 3-3:45pm**

210214-B R: \$186 / NR: \$196

**Instructor:** EBD- Davis

**Tue: 1/27-5/5\* 10:45-11:30am**

210214-C R: \$196 / NR: \$206

**Tue: 1/27-5/5\* 12:15-1pm**

210214-D R: \$196 / NR: \$206

**Tue: 1/27-5/5\* 1:45-2:30pm**

210214-J R: \$196 / NR: \$206

**Instructor:** EBD-Hafer

**Thu: 1/29-5/7\* 1:45-2:30pm**

210214-K R: \$196 / NR: \$206

**Instructor:** Dream In Color

**Sat: 1/31-5/9\* 11:30am-12:15pm**

210214-L R: \$199 / NR: \$209

**Instructor:** EBD-Lauer

**Location:** Senior Center-Left

**Sat: 1/31-5/9\* 12-12:45pm**

210214-M R: \$196 / NR: \$206

\*No class dates 2/16, 3/30, 3/31, 4/2, 4/4

## Dance for Musical Theatre 5-7 years

This class will bring together dance and theatre. Props will be used to give students the feeling of performing in musical theatre along with teaching facial expressions and exaggerated movements needed for dance in theatre.

**Mon: 1/26-5/4\* 5:15-6pm**

220260-A R: \$191 / NR: \$201

\*No class dates 2/16, 3/30

**Instructor:** EBD- Lemke

**Location:** Dance-Left

All dancers must meet the class age requirements by September 30, 2014.

## Jazz/ Hip Hop 1 5-8 years

High-energy dance class with a hip-hop flair and music that gets kids dancing. This class teaches age-appropriate technique and fun moves that will light up the dance floor. Jazz shoes and dancewear or other form-fitting clothing required.

**Wed: 1/28-5/6\* 4:15-5pm**

220248-A R: \$196 / NR: \$206

\*No class dates 4/1

**Instructor:** EBD-Samuel

**Location:** Dance-Left

## Ballet/Tap/Jazz I 5-8 years

This class will bring together ballet, tap, and jazz. Basic ballet principles, jazz technique, and the joyful rhythms of tap will expose your child to all the wonders of dance while improving strength, flexibility and musicality. Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

**Instructor:** EBD-Baumgardner

**Location:** Dance-Left

**Mon: 1/26-5/4\* 4:15-5:15pm**

220254-A R: \$246 / NR: \$256

**Instructor:** EBD- Allen

**Mon: 1/26-5/4\* 5:15-6:15pm**

220254-B R: \$246 / NR: \$256

**Instructor:** EBD-Turner

**Wed: 1/28-5/6\* 6-7pm**

220254-C R: \$260 / NR: \$270

**Instructor:** EBD-Lauer

**Location:** Senior Center-Left

**Sat: 1/31-5/9\* 10-11am**

220254-D R: \$260 / NR: \$270

\*No class dates 2/16, 3/30, 4/1, 4/4

## Ballet I 5-8 years

This ballet class focuses on beginning ballet technique in a fun and encouraging environment. The primary goals of our Ballet 1 classes are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

**Mon: 1/26-5/4\* 4:30-5:15pm**

220220-A R: \$186 / NR: \$196

\*No class dates 2/16, 3/30

**Instructor:** EBD-Allen

**Location:** Dance-Right

## Hip Hop I 6-7 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.

**Wed: 1/28-5/6\* 5:30-6:30pm**

220216-A R: \$204 / NR: \$214

\*No class dates 4/1

**Instructor:** Dream In Color

**Location:** Dance-Left

## Elementary Ballet

### 6-9 years

For students grades 1 and up who are ready for a more serious ballet class, with a stronger focus on technique and precision. Instructor placement required, email [everybodydance07@gmail.com](mailto:everybodydance07@gmail.com)

**Tue: 1/27-5/5\* 4:15-5:15pm**

220230-A R: \$245 / NR: \$255

\*No class dates 3/31

**Instructor:** EBD- Allen

**Location:** Dance-Right

## Adrenaline Hip Hop

### 6-18 years

Our ADF hip hop dancers will learn the latest street dancing technique, performance skills and confidence. Hip Hop is an ever-evolving style performed to current hip hop music. The Adrenaline Dance Force classes offer the ability to improve hip hop style, increase memory, improve balance and increase strength by staying grounded and strong through upper and lower body movement. Adrenaline's experienced staff brings excitement to this class with the latest hip hop moves and age appropriate music!

### Hip Hop 6-11yrs

**Thu: 1/29-5/14\* 4:30-5:30pm**

230206-A R: \$259 / NR: \$269

### Hip Hop 12-18yrs

**Thu: 1/29-5/14\* 5:30-6:30pm**

230206-B R: \$259 / NR: \$269

\*No class dates 4/2, 4/17

**Instructor:** Adrenaline Staff

**Location:** Dance-Left

# Dance Classes



## Junior Ballet 8 & up

Junior level is for students 8 and older with previous ballet training who are developmentally ready to pursue a more rigorous ballet program. Instruction will include ballet terminology, technique and placement as well as strengthening and learning movement combinations. With each level becoming progressively more challenging, upper level junior classes are designed to encourage young dancers to develop technically as well as artistically. Instructor placement required, email [everybodydance07@gmail.com](mailto:everybodydance07@gmail.com)

**Instructor:** EBD-O'Hara

### Jr. Ballet 1

**Tue: 1/27-5/5\*** 4:15-5:15pm  
220330-A R: \$250 / NR: \$260

**Instructor:** EBD-Allen

### Jr. Ballet 2

**Tue: 1/27-5/5\*** 5:15-6:15pm  
220330-B R: \$250 / NR: \$260

**Instructor:** EBD-O'Hara

### Jr. Ballet 3

**Tue: 1/27-5/5\*** 5:15-6:15pm  
220330-C R: \$250 / NR: \$260

\*No class dates 3/31

**Location:** Dance Studio

## Hip-Hop II/III 8-10 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.

**Wed: 1/28-5/6\*** 6:30-7:30pm  
220218-A R: \$204 / NR: \$214

\*No class dates 4/1

**Instructor:** Dream In Color

**Location:** Dance-Left

## Dance for Musical Theatre II/III 8-12 years

This class will bring together dance and theatre. Props will be used to give students the feeling of performing in musical theatre along with teaching facial expressions and exaggerated movements needed for dance in theatre.

**Mon: 1/26-5/4\*** 6-6:45pm  
230260-A R: \$191 / NR: \$201

\*No class dates 2/16, 3/30

**Instructor:** EBD-Lemke

**Location:** Dance-Left

## Ballet II/III 9-14 years

This ballet class for older students provides outstanding technical instruction in a positive and encouraging environment. The primary goals of this class are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

**Thu: 1/29-5/7\*** 5:15-6:15pm  
220222-A R: \$245 / NR: \$255

\*No class dates 4/2

**Instructor:** EBD-Allen

**Location:** Dance-Right

## Tap/ Jazz II/III 9-14 years

Build strength, flexibility, rhythm and grace while having a great time to a variety of music.

**Thu: 1/29-5/7\*** 4:15-5:15pm  
220231-A R: \$250 / NR: \$260

\*No class dates 4/2

**Instructor:** EBD-Allen

**Location:** Dance-Right

## Jazz/Hip Hop II/III 9-14 years

High-energy dance class with a hip-hop flair and music that gets kids dancing. This class teaches age-appropriate technique and fun moves that will light up the dance floor. Jazz shoes and dancewear or other form-fitting clothing required.

**Wed: 1/28-5/6\*** 5-6pm  
220247-A R: \$250 / NR: \$260

\*No class dates 4/1

**Instructor:** EBD-Allen

**Location:** Dance-Right

## **NEW!** Break Dance 9-15 years

Developed on the city streets of NY, Break Dance helps youth expend energy in a positive, non-combative manner. A physically challenging dance form, it focuses on individuals expressing their attitudes and thoughts through dance in an improvisational setting. Students will learn basic skills such as: hand stands, walking on hands, front/back handsprings; front/back flips, and Cartwheel/round offs. These basic skills will allow the students to start learning Power Moves such as star hand plants, floor freezes, the worm, etc... \*Please note this class does not require a costume for the dance recital.

**Fri: 1/30-4/10\*** 6-7pm  
230210-A R: \$195 / NR: \$205

\*No class dates 4/3

**Instructor:** Global Music Acad.

**Location:** Dance-Left



## Teen Dance for Musical Theatre 12-18 years

Lured by the neon lights of Broadway? This unique class brings together dance and theater in a celebration of the magic of musical theater. We'll focus on the dance techniques used to bring musicals to life, including basic jazz, modern and lyrical dance steps, as well as building stage presence. With an emphasis on the use of expression and drama through movement, this upbeat class is sure to be a real hit!

**Thu: 1/29-5/7\*** 6:15-7:15pm  
240208-A R: \$250 / NR: \$260

\*No class dates 4/2

**Instructor:** EBD-Allen

**Location:** Dance-Right

## **NEW!** Belly Dancing 13 & up

Ever wonder how the belly dancers create their dazzling moves? Now is your chance! Learn the basic movements of belly dance and how to weave them together to create the beautiful dance. This class is suitable for everyone and no prior dance experience is needed. Come have fun and experience the joy and benefits of belly dancing! Dress code: Form fitting clothing. Bare feet or dance shoes can be worn. Hip scarves optional. About the instructor: Rachael has been performing modern oriental belly dance for over 8 years. She's had the opportunity to study with many local and internationally known dancers. She enjoys sharing all she's learned with her students.

**Tue: 1/27-4/21\* 7-8pm**  
250214-A R: \$195 / NR: \$205  
**Thu: 1/29-4/23\* 7-8pm**  
250214-B R: \$195 / NR: \$205

\*No class dates 3/31, 4/2

**Instructor:** Global Music Acad.

**Location:** Art Room

## **Social Dance-Basic Survival I 16 & up**

Designed with the non-dancer in mind, learn the dance basics needed to survive that wedding reception, cruise ship vacation, or New Year's Eve dance and to do it with style and grace. This course covers the basics of Waltz, Rumba, Foxtrot, Tango, Swing, Cha Cha, and Merengue with proper dance position, and how to lead and follow. Partners encouraged, but singles are welcome. Optional instruction aids, publications, audio tapes and CD's will be available for purchase.

**Thu: 1/29-3/5 8:15-9:45pm**  
250210-A R: \$85 / NR: \$95  
**Thu: 3/19-4/30 8:15-9:45pm**  
250210-B R: \$85 / NR: \$95

**Instructor:** Tom Woll and Assoc

**Location:** Senior Center-Full



## **Sizzling Salsa 16 & up**

Learn today's hottest dance - the Sizzling Salsa! It's hip, it's hot, and it's simple and easy. It's the latest dance that grooves to the hottest music. Get moving for healthful exercise to the fun Latin & Pop music that just makes you want to get up and dance. Have fun expressing yourself while burning off stress and calories as you burn up the floor dancing with your partner. Our instruction teaches basic simple Salsa moves, footwork, and some energetic fun turns to make you feel good dancing with your friends. Learn how to lead and follow with good technique to make you stand out on the floor. Course may include choreography from a variety of other Latin dances. Beginner level. Couples recommended, but singles welcome, and bring your friends!

**Thu: 1/29-3/5 7-8:15pm**  
250212-A R: \$70 / NR: \$80  
**Thu: 3/19-4/30\* 7-8:15pm**  
250212-B R: \$70 / NR: \$80

\*No class dates 4/2

**Instructor:** Tom Woll and Assoc

**Location:** Senior Center-Left

## **NEW! Ballet & Jazz 18 & up**

This class is a great way to get in shape, to stay in shape, or to just have fun! Every class begins with a full body stretch and warm-up period, followed by progressions and combinations. The class is designed for adult students who enjoy learning ballet and jazz while developing confidence, mental concentration, physical coordination and grace. We welcome all students who are new to ballet and jazz, students who want to dance, but never had the opportunity, and those who have danced before and want to begin again. A highly recommended fun invigorating workout for adult students that will develop core strength, dynamic balance and flexibility.

**Tue: 1/27-3/24 11:30am-12:30pm**  
250215-A R: \$195 / NR: \$205

**Instructor:** Global Music Acad.

**Location:** Dance-Left

## **Senior Level Ballet All Ages**

Instructor placement required. Senior level, formerly Advanced Ballet and Prepointe/Pointe, is a high level class for students with extensive ballet training, appropriate muscular development, endurance, and the maturity needed for an extremely rigorous ballet program. Attendance at both classes weekly is expected for students desiring to train for pre-pointe. At the Senior II level, students are working toward preparedness for pointe training. Students will be enrolled initially as prepointe students for a specified evaluation period to determine readiness for pointe. Program instructors typically evaluate students at the start of each semester and will provide pointe instruction only for students who they deem to be physically ready for the challenges of pointe work. Regular attendance at classes is essential at this level to maintain strength. Instructor placement required. Email [everybodydance07@gmail.com](mailto:everybodydance07@gmail.com)

### **Sr Ballet & Pointe**

**Mon: 1/26-5/4\* 7-8:15pm**  
220228-A R: \$264 / NR: \$274

### **Pre-Pointe/Pointe**

**Mon: 1/26-5/4\* 8:15-8:45pm**  
220228-B R: \$91 / NR: \$101

**Instructor:** EBD- Clay/ Hafer

### **Sr Ballet**

**Thu: 1/29-5/7\* 7:15-8:30pm**  
220228-C R: \$283 / NR: \$293

**Instructor:** EBD-Allen

### **Sr Ballet & Pointe**

**Sat: 1/31-5/9\* 10-11:30am**  
220228-D R: \$353 / NR: \$363

### **Pointe**

**Sat: 1/31-5/9\* 11:30am-12pm**  
220228-E R: \$91 / NR: \$101

**Instructor:** EBD-Maloney

\*No class dates 2/16, 3/30, 4/2, 4/4

**Location:** Dance Studio

## **Jr. 3/4 Sr Ballet Combo All Ages**

A Winter Interim combination class for students currently placed in Junior 3/4 and Senior Ballet classes. Instructor placement required. Email [everybodydance07@gmail.com](mailto:everybodydance07@gmail.com)

**Mon: 1/19 6:45-8:15pm**  
230211-A R: \$21 / NR: \$31

**Instructor:** EBD-Allen

**Location:** Art Room

**The dance recitals will be held on May 16 and Memorial Day weekend May 23.**

# Teen Trips

## Chuck E. Cheese 10-14 years

Chuck E. Cheese's is the ultimate place Where A Kid Can Be A Kid®. Kids can enjoy entertainment, food, and games. Registration includes two slices of pizza, a drink, and 16 tokens. Please bring money for extra tokens.

**Wed: 1/14**                      **3:30-7:30pm**  
241492-A                      \$10

## Washington Wizard's Game 12-16 years

Join us for a night of basketball as we cheer on the Washington Wizards! Please bring money for food and the metro. Go Wizards!

**Mon: 1/19**                      **10am-6:30pm**  
241465-A                      \$50

## Dave and Busters

### 11-14 years

Dave and Busters features games such as Dance Dance Revolution, Daytona USA, Nothing But Net, Spin-N-Win and more. It also features non-arcade games like shuffleboard and billiards. Cost includes food and limited game play. Please bring extra money for games (if desired).

**Fri: 1/30**                      **9am-3pm**  
241477-A                      \$30

## AMC Theatres 13-18 years

Come join us as we visit AMC Theatres at Tysons Corner after school for a movie. Participants will decide as a group on a PG or PG-13 rated movie to see.

**Thu: 2/5**                      **4-8pm**  
241416-A                      \$15

## Roller Skating

### 11-14 years

Skate & Fun Zone offers the ultimate fun experience by allowing you to roller skate with friends or drop in the Laser Zone. Registration includes admission and skate rental. Please bring money for food and the optional Laser Zone.

**Thu: 2/26**                      **4-9pm**  
241443-A                      \$15

## Rebounderz 11-14 years

Rebounderz is 26,000 square foot facility full of trampoline fun! Participants will have two hours of jump time. Please bring money for optional arcade games and food. Additional waivers are required and will be distributed prior to the trip

**Wed: 3/18**                      **3:30-7:30pm**  
241418-A                      \$25

## Teen Egg Hunt 11-15 years

Get into the spirit of the Easter holiday with your friends as we prepare some decorative Easter eggs, raffle off Easter baskets, hunt for eggs, & have a yummy Easter meal. Space is limited so register early.

**Wed: 3/25**                      **3-5pm**  
241463-A                      \$15

**Location:** Teen Center

## Cosmic Bowling 14-17 years

The lights go out. The pins light up. The music blasts. Lasers beam around the room. It's Bowl America's Cosmic Bowling, the most novel way to have fun in the entertainment galaxy! Registration includes unlimited bowling and shoe rental. Please bring money for food.

**Fri: 4/24**                      **8:30-11:30pm**  
241406-A                      \$25



## Potomac Mills Mall

### 11-17 years

Kick start your holiday shopping! This mall features department stores, fashions stores, specialty stores, a movie theater and much more! Please bring additional money for purchases and food.

**Sat: 5/9**                      **10am-5pm**  
241433-A                      \$7

## Washington Nationals Game 13-17 years

Let us take you out to the ball game as the Washington Nationals host the New York Mets! Please bring money for food and the metro.

**Sat: 5/9**                      **12-12am**  
241455-A                      \$40



## Distressed & Destroyed 12-16 years

Do you love distressed denim? If so, then this workshop is for you. Young ladies will learn to create and design their own distressed denim shorts using scissors, tweezers, studs, and more. Participants will need to bring in an old pair of non-stretchy jeans or you can purchase a pair from your local thrift store. All other supplies will be provided.

**Mon/Wed: 5/11-5/13**                      **4-6pm**  
240100-A                      \$10

**Location:** Teen Center



# Teen Center and Youth Sports



## Welcome to C.R.U.S.H

The C.R.U.S.H Teen Center is open exclusively for teens Monday through Friday, from 3 p.m. until 6 p.m. Ashley Green, the Teen Coordinator, supervises the center, teen activities, and teen trips. Contact Ashley Green at **703-248-5307** (TTY 711) for more information.

## Social Wednesdays

Come to C.R.U.S.H after school to socialize with friends, surf the internet, shoot hoops, or dance using our new X-Box Kinect. Each Wednesday will feature a different activity from tournaments to cooking projects to watching a movie.

**Fee:** FREE **Grades:** 6-8

**Time:** 3pm-5pm

**Dates:** Wednesdays; January - May

## Middle School Fridays

Hang with friends and play dodge-ball, compete in eating contests, karaoke, or join a Wii bowling tournament at our monthly Friday night party for middle school students only! Pizza and sodas are available for sale. Participants must be signed in and out by a parent or guardian.

**Fee:** \$5 **Grades:** 6-8

**Time:** 7pm-11pm

**Dates:** January 9th, February 20th, March 20th, April 24th, May 8th

## Teen Council

Teen Council is a volunteer organization with a mission to empower teens with the core values of leadership, accountability, and a heart for service. Members participate in monthly volunteer projects, social activities, and assist with city special events. Meetings are held once a month, on Mondays at 4:30pm. Applications are available at the Falls Church Community Center or email [agreen@fallschurchva.gov](mailto:agreen@fallschurchva.gov).

**Grades:** 6-8

**Dates:** January - May

**\*Fee:** FREE to join.

\*Trips may have associated expenses.



## Teen Work List

Are you a 8th-12th grader looking to make money? If so, join our Teen Work List. Residents contact us when they need someone to perform jobs such as babysitting, yard work, snow shoveling, and dog-walking. We will then contact you via email with a job description and the residents contact information. Simply fill out an application and forward it by mail, fax, or email to [agreen@fallschurchva.gov](mailto:agreen@fallschurchva.gov). For more information contact **703-248-5307**.

## Volleyball Players Wanted

The City of Falls Church is looking for female volleyball players in grades 6-8 interested in playing in a local volleyball league. It doesn't matter if you are a beginner or advanced player. For more information, please contact Ashley Green at **703-248-5307** or [agreen@fallschurchva.gov](mailto:agreen@fallschurchva.gov).

# Volunteers!



## Volunteers Wanted

Do you have community service hours that need to be completed? Or maybe you want to get a head start of completing volunteer hours for school?

Well, the C.R.U.S.H Teen Center is currently seeking volunteers to help with office duties, special events, and teen activities.

Volunteers must bring paperwork to log service hours.

For more information contact Ashley Green at **703-248-5307**.



# Youth and Adult Sports

## YOUTH SPORTS

### First Kicks Soccer Clinic

#### 2-6 years

First Kicks is a program designed to develop your young players love and interest in soccer by providing the FUN-damental skills and techniques Needed. The Challenger coaching staff provides your child with lessons in self-discipline, respect for others and the game, and good sportsmanship

#### First Kicks 2-3 yrs

**Location:** 1/2 Gym Back Door

**Mon: 2/9-3/23 3-3:45**

210903-A

**Location:** Larry Graves

**Wed: 4/8-5/27 10-10:45**

611104-A

**Wed: 4/8-5/27 3-3:45**

611104-C

**Sat: 4/11-6/6 9-9:45\***

611104-E

#### First Kicks 4-5 yrs

**Location:** 1/2 Gym Back Door

**Mon: 2/9-3/23 4-4:45**

210903-B

**Location:** Larry Graves

**Wed: 4/8-5/27 11-11:45**

611104-B

**Wed: 4/8-5/27 4-4:45**

611104-D

**Sat: 4/11-6/6 10-10:45\***

611104-F

**Sat: 4/11-6/6 11-11:45\***

611104-G

\*No Class Dates on 5/23

**Instructor:** Challenger Sports

### Falls Church Youth Lacrosse Club Ages 7-15

Come play the fastest sport on two feet and become a part of the fastest growing sport in Northern Virginia. Beginners to advanced, all individuals are welcome. Our teams play in the Northern Virginia Youth Lacrosse League against teams throughout Northern Virginia. Practices begin in mid-March concluding with playoffs in early June. Practice on local fields twice a week with a weekend game. Register online at [www.fclaxclub.com](http://www.fclaxclub.com). Volunteer coaches needed.

## Spring Soccer

### (Grades Kindergarten-8th Grade)

Teams will be formed by grade and will participate in either Falls Church or the Arlington Soccer Association. Practices and games will be held at nearby fields: times vary by team. Practices will start the first week of April and games will go through the first week of June. Volunteer coaches are needed! Call **703-248-5077** for more information on registration, fees and league rule information.

**Early Bird Registration:** Feb 3rd-15th

#### Kindergarten/1st Grade –

Resident: \$85 Non-Resident: \$95

#### 2nd Grade & Above

Resident: \$100 Non-Resident: \$110

**Regular Registration:** Feb 16th – March 1st

#### Kindergarten/1st Grade –

Resident: \$100 Non-Resident: \$110

#### 2nd Grade & Above

Resident: \$115 Non-Resident: \$125

## ADULT SPORTS

### Spring/Summer Co-Ed Softball

**Registration:** April 6th – May 3rd  
(Teams Only)

Slow Pitch play begins in Late May and goes through July. Various levels of competition are offered. Call **703-248-5077** for registration form, fees, and league rule information

**Fee:** \$550

### Spring Co-Ed Volleyball

**Registration:** March 2nd – 15th  
(Teams Only)

League play begins in late March. Various levels of competition are offered. Call **703-248-5077** for registration form, fees, and league rule information.

**Fees:** \$350

## Spring Women's Volleyball

**Registration:** March 2nd – 15th  
(Teams Only)

League play begins in late March. Various levels of competition are offered. Call **703-248-5077** for registration form, fees, and league rule information.

**Fees:** \$350

## Women's Summer Basketball League

**Registration:** February 2 – March 1  
(Teams Only)

Various levels of competition are offered and play begins late March. Team members must be 18 yrs of age or older. For more information, call

**703-248-5150.**

**Fees:** \$550 per team (8 game schedule)

## Men's Summer Basketball League

**Registration:** March 30th – April 12th  
(Teams Only)

Various levels of competition are offered and play begins Early May. Team members must be 18 yrs of age or older. For more information, call

**703-248-5077.**

**Fees:** \$740 per team.

## 38th Annual Open Tennis Tournament

Registration will start April 19th The tournament will be played May 11th – June 7th

Players schedule their own matches within a specified amount of time. Additional information can be found at local tennis courts in the city or by contacting the Falls Church Community Center at **703-248-5077.**

## TENNIS CLASSES

### Little Shots- Intro to Tennis 4-6 years

An introduction through fun games and activities designed to build eye-hand coordination and familiarity with the tennis ball and racket. A tennis racket is required. Ratio 4:1.

**Location:** 1/2 Gym Back Door

**Tue: 1/27-3/3 3:15-4pm**

220901-A R: \$120 / NR: \$130

**Wed: 1/28-3/4 2:15-3pm**

220901-B R: \$120 / NR: \$130

**Location:** Cavalier Trail Park

**Wed: 4/8-6/10 2:30-3:15pm**

220901-C R: \$200 / NR: \$210

**Instructor:** FirstServe Tennis

### City of Falls Church / FirstServe Tennis Academy

#### Winter/Spring Tennis Program Tennis Everyone!

Whatever your level of play, you are just a few hours of FirstServe Tennis instruction away from a lifelong love of tennis! Join FirstServe Tennis Academy on court for first-rate instructional programs for players of all abilities ages 4-adult! Gregg Deinhart and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a friendly, fun and supportive environment. By keeping class size small, students benefit from individual attention that leads to quick results. Lesson ratios for tots and adults are 4:1; and 6:1 for juniors. Lessons By Appointment are also available so you can set up a lesson plan that fits in your schedule. Students should bring water to every session! Tennis rackets are required!

Contact FirstServe Tennis Academy for program, racket and equipment recommendations. Email [lessons@tenniseveryone.net](mailto:lessons@tenniseveryone.net), call **703-868-8172** or visit **www.tenniseveryone.net** for more information.

### Tennis 1&2 Rally, Serve, Score 6-13 years

Players learn the fundamental strokes: forehand, backhand, volleys, and serve with emphasis on developing rallying skills. Ratio 6:1

#### Tennis 1&2 Ages 6-8

**Wed: 4/8-6/10 3:30-4:30pm**

230902-A R: \$200 / NR: \$210

#### Tennis 1&2 Ages 8-10

**Wed: 4/8-6/10 4:30-5:30pm**

230902-B R: \$200 / NR: \$210

#### Tennis 1&2 Ages 10-13

**Wed: 4/8-6/10 5:30-6:30pm**

230902-C R: \$200 / NR: \$210

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park



### Rally Ball Fundamentals 7-13 years

Players learn the fundamental strokes: forehand, backhand, volleys, and serve with emphasis on developing rallying skills. All classes conducted using modified nets and tennis balls designed to work well on the gym floor. Ratio 6:1

#### Rally Ball 7-10yrs

**Tue: 1/27-3/3 4-5pm**

220902-A R: \$120 / NR: \$130

**Wed: 1/28-3/4 3-4pm**

220902-B R: \$120 / NR: \$130

#### Rally Ball 10-13yrs

**Wed: 1/28-3/4 4-5pm**

220902-C R: \$120 / NR: \$130

**Instructor:** FirstServe Tennis

**Location:** 1/2 Gym Back Door

### Tennis 3- Drill & Match Play 10-18 years

For experienced intermediate players only. Ability to rally & serve or coach's recommendation required. Program helps players build skills & learn tactics necessary to succeed in competitive tennis. Each session is a mix of instruction via drills and match play. Ratio 6:1 (ages 10-13) and 4:1 (ages 14-18)

#### Tennis 3: Ages 10-13

**Sat: 4/11-6/6\* 2-3:15pm**

240901-A R: \$200 / NR: \$210

#### Tennis 3: Ages 14-18

**Sat: 4/11-6/6\* 3:30-5pm**

240901-B R: \$240 / NR: \$250

\*No class dates 5/23

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park

### Cardio Tennis 18 & up

Players experience a fun high-energy tennis workout through high-paced and heart-heathy drilling. Player-Coach ratio is 6:1.

**Tue: 4/7-6/9**

**10:45-11:45am**

250904-A R: \$200 / NR: \$210

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park

### Tennis I Adult Beginner 18 & up

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. Students are encouraged to repeat this class until they can consistently put the ball in play. Player-Coach ratio is 4:1.

#### AM Adult Beginner

**Tue: 4/7-6/9 9:30-10:45am**

250905-A R: \$275 / NR: \$285

#### PM Adult Beginner

**Wed: 4/8-6/10 7-8:15pm**

250905-B R: \$275 / NR: \$285

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park



# Tennis & Sports Classes

## Tennis 2 Drill, Rally, Play 18 & up

Players with limited on-court experience refine stroke production and learn how to play competitive points! Players drill strokes, develop rallying skills, and engage in point play. For players who have completed Tennis I or with coach's recommendation. Player-Coach ratio is 4:1.

**Wed: 4/8-6/10 8:15-9:30pm**  
250906-C R: \$275 / NR: \$285

**Instructor:** FirstServe Tennis  
**Location:** Cavalier Trail Park

## Tennis 3- Adult Intermediate 18 & up

Techniques for improved shot making, tactics and strategy-based drilling combine with match play for intermediate players. Player-Coach ratio is 8:1.

**Wed: 4/8-6/10 9:15-10:45am**  
250903-A R: \$270 / NR: \$280

**Wed: 4/8-6/10 10:45am-12:15pm**  
250903-B R: \$270 / NR: \$280

**Instructor:** FirstServe Tennis  
**Location:** Cavalier Trail Park

## Tennis 4: Adult Advanced 18 & up

Techniques for improved shot making, tactics and strategy-based drilling combine with match play for advanced players. Player-Coach ratio is 4:1.

**Sat: 4/11-6/6\* 5-6:15pm**  
250908-A R: \$220 / NR: \$230

\*No class dates 5/23

**Instructor:** FirstServe Tennis  
**Location:** Cavalier Trail Park

## Boogie Woogie Tumble & Twirl 3-5 years

Preschoolers will love the variety of fun activities including tumbling, dance, movement & music. Students must be able to separate with ease. No special clothes or shoes required; they will be in bare feet most of the time.

**Wed: 1/28-4/29\* 10:30-11:15am**  
210406-A R: \$140 / NR: \$150

\*No class dates 4/1

**Instructor:** Adrenaline Staff  
**Location:** Dance-Right

## Amazing Athletes Program 2.5-6 years

A unique tried and tested, fun filled sport program that incorporates physical fitness and gross motor skills. Students will play and learn a variety of sports including soccer, hockey, basketball, and baseball. This fun and positive learning experience will help kids develop the basic fundamentals of sports and instill team pride self-confidence, and good sportsmanship. This is what makes this program amazing!

### Athletes 2.5-3 yrs

**Thu: 1/29-3/19 9:30-10:15am**  
210902-A R: \$94 / NR: \$104

**Thu: 1/29-3/19 11:45am-12:30pm**  
210902-B R: \$94 / NR: \$104

**Location:** 1/2 Gym Lobby Side

**Sat: 1/31-3/21 12:15-1pm**  
210902-C R: \$94 / NR: \$104

**Location:** Dance Studio-Left

**Thu: 4/9-5/7\* 9:30-10:15am**  
210902-E R: \$47 / NR: \$57

**Thu: 4/9-5/7\* 11:45am-12:30pm**  
210902-F R: \$47 / NR: \$57

**Location:** 1/2 Gym Lobby Side

**Sat: 4/11-5/9\* 12:15-1pm**  
210902-G R: \$47 / NR: \$57

**Location:** Dance Studio-Left

**Athletes 4-6 yrs**  
**Sat: 1/31-3/21 1:15-2pm**  
210902-D R: \$94 / NR: \$104

**Location:** Dance Studio-Left

**Sat: 4/11-5/9\* 1:15-2pm**  
210902-H R: \$47 / NR: \$57

**Location:** 1/2 Gym Lobby Side

\*No class dates 4/16, 4/18

**Instructor:** Amazing Athletes

## Fit Kids T-Ball 3-6 years

This clinic introduces kids to the basics: hitting, stance, throwing and base running while helping to develop hand eye coordination, agility, speed, and strength.

**Thu: 4/9-5/7\* 1:15-1:55pm**  
210910-A R: \$50 / NR: \$60

**Thu: 5/21-6/11 2-2:40pm**  
210910-B R: \$50 / NR: \$60

\*No class dates 4/16

**Instructor:** Fit Kids  
**Location:** 1/2 Gym Lobby Side



## Fit Kids Soccer Stars

### 3-6 years

There will be lots of running, kicking, laughing and making new friends while learning trapping, dribbling, passing, shooting, and other fun games.

**Thu: 1/29-2/19 2-2:40pm**  
210914-A R: \$50 / NR: \$60

**Thu: 4/9-5/7\* 2-2:40pm**  
210914-B R: \$50 / NR: \$60

**Thu: 5/21-6/11 1:15-1:55pm**  
210914-C R: \$50 / NR: \$60

\*No class dates 4/16

**Instructor:** Fit Kids  
**Location:** 1/2 Gym Lobby Side

## Fit Kids Soccer/ T-Ball Mix

### 3-6 years

Children will learn all about Soccer and T-Ball with the help of one of our enthusiastic coaches. The class will focus on 2 weeks of Soccer and 2 weeks of T-Ball. Soccer skills will include trapping, dribbling, passing, and shooting. T-Ball skills will focus on batting, throwing, and catching skills.

**Thu: 3/5-3/26 2-2:40pm**  
210915-A R: \$50 / NR: \$60

**Instructor:** Fit Kids  
**Location:** 1/2 Gym Lobby Side

## Fit Kids Basketball All Stars 3-6 years

Learn the game or improve your skills. Emphasis is placed on basic fundamentals including shooting, passing, rebounding, and defensive skills. Players will also build on teamwork and sportsmanship. All equipment provided.

**Thu: 3/5-3/26 1:15-1:55pm**  
210916-A R: \$50 / NR: \$60

**Instructor:** Fit Kids  
**Location:** 1/2 Gym Lobby Side

## Fit Kids Hockey/ T-Ball Mix 3-6 years

Children will learn all about Floor Hockey and T-Ball with the help of one of our enthusiastic coaches. The class will focus on 2 weeks of Floor Hockey and 2 weeks of T-Ball. Floor Hockey is a super place for young players with tons of energy! Floor Hockey develops hand-eye coordination, agility, speed, and strength. T-Ball skills will focus on batting, throwing, and catching skills.

**Thu: 1/29-2/19 1:15-1:55pm**  
210917-A R: \$50 / NR: \$60

**Instructor:** Fit Kids

**Location:** 1/2 Gym Lobby Side



**NEW!**

## Little Musketeers

### 4-5 years

Known as the physical game of chess and one of the safest sports, Olympic fencing provides a tremendous physical and mental workout for students of all ages and athletic abilities. This course primarily utilizes the foil, a light thrusting sword, but also introduces the sabre (the modern equivalent of the cavalry sword) and the epee (the modern equivalent of the rapier). A completed registration form and an equipment rental fee of \$29 payable to VAF is due on the first day of class.

**Sat: 1/10-2/14 9:15-10am**  
210502-A R: \$93 / NR: \$103

**Tue: 1/13-2/17 9:30-10:15am**  
210502-B R: \$93 / NR: \$103

**Wed: 1/14-2/18 9:30-10:15am**  
210502-C R: \$93 / NR: \$103

**Sat: 4/11-5/16 9:15-10am**  
210502-D R: \$93 / NR: \$103

**Tue: 4/14-5/19 9:30-10:15am**  
210502-E R: \$93 / NR: \$103

**Wed: 4/15-5/20 9:30-10:15am**  
210502-F R: \$93 / NR: \$103

**Instructor:** VA Academy of Fencing

**Location:** VA Academy of Fencing-  
5401-B Port Royal Rd. Springfield, VA 22151

## Adrenaline Tumbling

### 4-11 years

Our tumblers will learn tumbling basics, flexibility and beginning/intermediate level skills such as rolls, cartwheels and back bends. Core strength and balance are incorporated to build strength and coordination. Students will improve on their gymnastics skills, balance and increase strength through movement exercises while having a great time! Comfortable loose clothing and bare feet are recommended.

#### Tumbling 4-6 yrs

**Mon: 1/26-5/11\* 5-6pm**  
220408-A R: \$200 / NR: \$210

**Thu: 1/29-5/14\* 4:30-5:30pm**  
220408-C R: \$210 / NR: \$220

#### Tumbling 6-11 yrs

**Mon: 1/26-5/11\* 6-7pm**  
220408-B R: \$200 / NR: \$210

**Thu: 1/29-5/14\* 5:30-6:30pm**  
220408-D R: \$210 / NR: \$220

\*No class dates 2/16, 3/30, 4/2

**Instructor:** Adrenaline Staff

**Location:** Community Room

## Adrenaline Cheer Class

### 6-11 years

Our cheer class is designed to teach basic to advanced concepts of cheer. We will work on motions and jump technique, stunting basics, strength, cheer dances, showmanship and performance techniques, and more! Whether you are new to cheer or interested in preparing for high school tryouts, we will help you become your best. The class will be split into appropriate age and ability groups and concludes with a showcase at the end of the session!

**Thu: 1/29-5/14\* 6:30-7:30pm**  
220406-A R: \$210 / NR: \$220

\*No class dates 4/2

**Instructor:** Adrenaline Staff

**Location:** Community Room



## Little League Baseball

**Ages 4 - 12**

## PLAY BALL!



Registration for the Falls Church Kiwanis Little League's Spring baseball season is now open. Boys and girls who will be between the ages of 4 and 12 years old on April 30, 2015 are eligible. The levels are:

**Baseball Majors** - Ages 10 - 12

**Baseball AAA** - Ages 8 - 11

**Baseball AA** - Ages 7 - 10

**Baseball Single A** - Ages 6 - 9

**Tee-Ball** - Ages 4 - 7

**Registration is now open.**

Early bird discounts for registrations received by December 31.

Tryouts (for ages 8 - 12) will be February 1, 8 or 14.

Please visit our website for more information and to register.

**www.fckll.org**

(Click on Spring 2015 Registration for more information and to register.)

Questions about the spring season schedule or the most appropriate level for your child? Just drop us an e-mail:

**FCKLLPlayerAgent@gmail.com**



# Martial Arts Classes

## Intro to Olympic Sport Fencing 6 & up

Known as the physical game of chess and one of the safest sports, Olympic fencing provides a tremendous physical and mental workout for students of all ages and athletic abilities. This course primarily utilizes the foil, a light thrusting sword, but also introduces the sabre (the modern equivalent of the cavalry sword) and the epee (the modern equivalent of the rapier). A completed registration form and an equipment rental fee of \$29 payable to VAF is due on the first day of class.

**Register Now!**

### Fencing Ages 6-8

**Sat: 1/10-2/14** 12-12:45pm  
220501-A R: \$93 / NR: \$103  
**Wed: 1/14-2/18** 6-6:45pm  
220501-B R: \$93 / NR: \$103  
**Sun: 4/12-5/17** 9:15-10am  
220501-I R: \$93 / NR: \$103  
**Wed: 4/15-5/20** 5:15-6pm  
220501-J R: \$93 / NR: \$103

### Fencing Ages 9-13

**Sat: 1/10-2/14** 11am-12pm  
220501-C R: \$93 / NR: \$103  
**Sun: 1/11-2/15** 10-11am  
220501-D R: \$93 / NR: \$103  
**Mon: 1/12-2/16** 7-8pm  
220501-E R: \$93 / NR: \$103  
**Sat: 4/11-5/16** 2-3pm  
220501-K R: \$93 / NR: \$103  
**Sun: 4/12-5/17** 10-11am  
220501-L R: \$93 / NR: \$103  
**Mon: 4/13-5/18** 6-7pm  
220501-M R: \$93 / NR: \$103  
**Tue: 4/14-5/19** 6-7pm  
220501-N R: \$93 / NR: \$103

### Fencing Ages 14 & up

**Sun: 1/11-2/15** 1-2pm  
220501-F R: \$93 / NR: \$103  
**Mon: 1/12-2/16** 8-9pm  
220501-G R: \$93 / NR: \$103  
**Tue: 1/13-2/17** 7-8pm  
220501-H R: \$93 / NR: \$103  
**Sat: 4/11-5/16** 12-1pm  
220501-O R: \$93 / NR: \$103  
**Sun: 4/12-5/17** 1-2pm  
220501-P R: \$93 / NR: \$103  
**Mon: 4/13-5/18** 7-8pm  
220501-Q R: \$93 / NR: \$103  
**Tue: 4/14-5/19** 7-8pm  
220501-R R: \$93 / NR: \$103

**Instructor:** VA Academy of Fencing

**Location:** VA Academy of Fencing-  
5401-B Port Royal Rd. Springfield, VA 22151

## Historical Swordsmanship 9 & up

Explore the sword arts the way they were originally practiced on the battlefields and dueling grounds of the Middle Ages and the Renaissance. The sword styles that are introduced are the rapier (the traditional dueling weapon) and the two-handed sword (the knightly European Medieval sword). Practice swords used in class are the shinai (made of bamboo) and the foil. A completed registration form and an equipment rental fee of \$29 payable to VAF is due on the first day of class.

### Swords Ages 9-13

**Tue: 1/13-2/17** 7-8pm  
240502-A R: \$93 / NR: \$103  
**Sun: 4/12-5/17** 10-11am  
240502-D R: \$93 / NR: \$103  
**Thu: 4/16-5/21** 7-8pm  
240502-E R: \$93 / NR: \$103

### Swords Ages 14 & up

**Sat: 1/10-2/14** 10-11am  
240502-B R: \$93 / NR: \$103  
**Tue: 1/13-2/17** 8-9pm  
240502-C R: \$93 / NR: \$103  
**Sat: 4/11-5/16** 11am-12pm  
240502-F R: \$93 / NR: \$103  
**Tue: 4/14-5/19** 8-9pm  
240502-G R: \$93 / NR: \$103

**Instructor:** VA Academy of Fencing

**Location:** VA Academy of Fencing-  
5401-B Port Royal Rd. Springfield, VA 22151

## Beginning Karate 7 & up

If you are curious about the martial arts, interested in an exercise program with a purpose, or want to learn some self-defense, then come join us! We are offering a beginning classes, which covers basic blocks, kicks, punches, self-defense techniques, and forms (katas) that are common to many types of martial arts. There is no need to worry about the physical requirements because they aren't too challenging. Beginning students do not engage in fighting and do not need uniforms. So, come try karate! More info is available at [www.StratfordKarate.org](http://www.StratfordKarate.org)

**Mon: 1/26-5/11\*** 7-8pm  
250502-A R: \$173 / NR: \$183  
**Sat: 1/31-5/9\*** 8:30-9:30am  
250502-B R: \$173 / NR: \$183  
\*No class dates 2/16, 3/30, 4/4

**Instructor:** Dave Hacker

**Location:** Dance Studio

## Adv. & Black Belt Karate 9 & up

If you have significant martial arts experience and are looking for a place to train, then come train with us. We have a relatively experienced group that practices advanced blocks, kicks, punches, self-defense techniques, katas, and sparring techniques for advancement. Sparring is an optional part of the class. Uniforms and hand & feet protection are required. We have more information online at

[www.StratfordKarate.org](http://www.StratfordKarate.org)

**Thu: 1/29-5/7\*** 8:15-9:15pm  
250511-A R: \$173 / NR: \$183

\*No class dates 4/2

**Instructor:** Richard Hathaway

**Location:** Dance-Left

## Adult Beginning & Int. Karate 14 & up

For adults interested in martial arts and for those with some experience, we invite you to join us on Monday evenings. We have a relatively casual and supportive group that practices blocks, kicks, punches, self-defense techniques, katas, and some sparring (for more advanced students), but no weapons. A uniform and hand & feet protection are recommended, but not required for beginning students. We have more information online at

[www.StratfordKarate.org](http://www.StratfordKarate.org)

**Mon: 1/26-5/11\*** 8:15-9:15pm  
250507-A R: \$173 / NR: \$183

\*No class dates 2/16, 3/30

**Instructor:** Bill Kennedy

**Location:** Dance-Right



# Martial Arts and Yoga Classes

## Practical Self Defense 16 & up

**Register Now!**

As a public service for the community and high school seniors headed off to college or the "big world", the Falls Church Martial Arts instructors will offer a self-defense class on a couple of Saturdays after New Year's. We will review situational awareness, discuss tips on avoiding becoming a victim, and practice some basic martial arts techniques for your security. This will include some discussion, some demonstrations, and practical exercise. So come comfortably dressed, bring your questions and be ready for a hands-on session.

**Sat: 1/3** 9am-12pm  
250513-A R: \$31 / NR: \$41

**Sat: 1/10** 9am-12pm  
250513-B R: \$31 / NR: \$41

**Instructor:** Dave Hacker

**Location:** Art Room

## Tai Chi & Qi Gong 16 & up

This class will explore Tai Chi forms and Qi Gong exercise for health and wellness. The exercises and forms aid in developing breath control, flexibility, muscle tone, stability and balance, eventually becoming a type of moving meditation for to the practitioner. As there is no impact to any joint, Tai Chi and Qi Gong are ideal for older persons or those whom have had knee and/or hip replacement. The study of Tai Chi is greatly beneficial to the young athlete as well. The class is structured such that anyone may join. The instructor is a Grandmaster with 48 years of study and 30 years of teaching experience.

**Tue: 1/27-5/12\*** 6-7pm  
250512-A R: \$175 / NR: \$185

\*No class dates 3/31

**Instructor:** Master Jeff Cook

**Location:** Art Room

**Early registration prevents class cancellation!**

## YOGA CLASSES

### NEW! Dance Yoga 5-12 years

This workshop is an absolute recipe for FUN! It's a mind-watering, decadent fusion of dance, music, rhythmic flow, balance, fluid body movement and art. Not only will we learn how to put basic yoga postures to music such as Mindless Behavior and Michael Jackson, but we will also work on awareness of breath, creativity, working together and confidence-building. (Previous experience in yoga not req'd.)

**Mon: 1/26-3/9\*** 7-8pm  
220410-A R: \$70 / NR: \$80

**Mon: 4/6-5/11** 7-8pm  
220410-B R: \$70 / NR: \$80

\*No class dates 2/16

**Instructor:** Kuumba Fitness, LLC

**Location:** Community Room

### Stress Burner Yoga for 24/7 13 & up

This weekly class is suitable for both new and more experienced yoginis who want to deepen the practice of using yoga techniques to lower their stress "set-point" and manage challenge with joy, in this different kind of yoga class. Cultivating beginners' mind, we will focus on ways to bring the mindfulness, peace, flexibility and alignment gained from yoga practice more widely into our daily lives, leveraging one peaceful hour in the week to 24/7. [www.stressburneryoga.com](http://www.stressburneryoga.com)

**Wed: 2/4-3/18** 7:45-9:10pm  
240403-A R: \$140 / NR: \$150

**Wed: 3/25-5/13\*** 7:45-9:10pm  
240403-B R: \$140 / NR: \$150

\*No class dates 4/16

**Instructor:** Stress Burner Yoga

**Location:** Community Room



### Stress Burner Yoga Foundation 13 & up

Foundation Training is a cutting edge way of working with the body to have it move the way it was meant to move, beneficial for athletes and couch sitters alike, the results are remarkably quick and powerful, especially for eliminating acute or chronic back pain from misuse or lack of use. Bring your chiropractor, as many are getting trained in it because of its effectiveness. Learn ways to integrate stress management and self-care into our busy lives seamlessly and elegantly.

**Sat: 1/31** 1:30-3:30pm  
240405-A R: \$40 / NR: \$50

**Location:** Senior Center-Right

**Sat: 3/21** 1:30-3:30pm  
240405-B R: \$40 / NR: \$50

**Sat: 5/16** 1:30-3:30pm  
240405-C R: \$40 / NR: \$50

**Location:** Community Room

**Instructor:** Stress Burner Yoga

### Pilates with Props 18 & up

Pilates with Props employs small apparatus including resistance rings, flex bands, sponge-balls and weighted bars to extend the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss ball. (Instructor will provide suggestions to source a burst-resistant, 55-cm ball or bring your own.)

**Tue: 12/23-1/13** 7-7:55pm  
250410-A R: \$48 / NR: \$58

**Tue: 1/27-5/19\*** 7-7:55pm  
250410-B R: \$192 / NR: \$202

\*No class dates 3/31

**Instructor:** BodyMoves Fitness, LLC

**Location:** Community Room



# Yoga and Fitness Classes



## Yoga for Fitness 18 & up

**Register  
Now!**

This class introduces participants to fundamentals of yoga practice including asanas (poses), breathing techniques, and body awareness. Class is presented in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work safely and gently to increase or restore flexibility and range of motion, build stamina, and improve coordination and balance. No previous yoga experience necessary; all levels welcome. Mats available.

**Tue: 12/23-1/13** 8-8:55pm  
250414-A R: \$48 / NR: \$58  
**Mon: 1/26-5/11\*** 12:15-1:15pm  
250414-B R: \$168 / NR: \$178  
**Tue: 1/27-5/19\*** 8-8:55pm  
250414-C R: \$192 / NR: \$202

\*No class dates 2/16, 3/30, 3/31

**Instructor:** BodyMoves Fitness, LLC

**Location:** Community Room

## Gentle Yoga 18 & up

Through a series of traditional and modified yoga postures and breathing techniques, this accessible class is designed to enhance flexibility, balance and functional strength using attainable poses at a beginner level, while stimulating the mind, body and spirit. Reduce your stress level with this excellent complement to any fitness program. No previous yoga experience necessary; all levels welcome. Mats are available.

**Thu: 1/29-5/21\*** 9:30-10:25am  
250415-A R: \$192 / NR: \$202

\*No class dates 4/2

**Instructor:** BodyMoves Fitness, LLC

**Location:** Community Room

## FITNESS CLASSES

### **NEW!** Zumba Kids Jr

#### 4-6 years

Perfect for our younger Zumba® fans! Kids 4-6 years old get the chance to socialize with friends and jam out to their favorite music. Zumba® Kids, Jr classes are rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives. Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, balance, cultural awareness.

**Tue: 2/3-3/24** 5-5:45pm  
220413-A R: \$140 / NR: \$150

**Thu: 2/5-3/26** 5-5:45pm  
220413-B R: \$140 / NR: \$150

**Instructor:** Zumba Fusion Studio

**Location:** Senior Center-Left

### **NEW!** Zumba Kids 5-12 years

This workshop is Party Fitness FUN at its best!!! It delivers easy-to-follow choreography with the perfect blend of upbeat kid-friendly music by Will-I-Am, Katy Perry, Victoria Justice, Maroon Five, Ariana Grande and more making for a total body workout that feels like a celebration. Activities such as freeze tag, helicopter, hula-hoop, ball games and Zumba Olympics makes Zumba Kids THE #1 Fitness Party Around!!!

**Mon: 1/26-3/9\*** 5-6pm  
220409-A R: \$70 / NR: \$80

**Mon: 4/6-5/11** 5-6pm  
220409-B R: \$70 / NR: \$80

\*No class dates 2/16

**Instructor:** Kuumba Fitness, LLC

**Location:** Senior Center-Right



### **NEW!** Zumba Kids 7-11 years

Perfect for our younger Zumba® fans! Kids 7-11 years old get the chance to be active and jam out to their favorite music. Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.

**Tue: 2/3-3/24** 6-6:45pm  
230411-A R: \$140 / NR: \$150

**Thu: 2/5-3/26** 6-6:45pm  
230411-B R: \$140 / NR: \$150

**Instructor:** Zumba Fusion Studio

**Location:** Senior Center-Left



## Zumba 12 & up

Everybody and everybody! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**Wed: 2/4-3/25** 7-8pm  
230412-A R: \$120 / NR: \$130

**Instructor:** Zumba Fusion Studio

**Location:** Dance-Right



## Step for Fun & Fitness 14 & up

Class features warm-up, cardiovascular workout using the platform steps, muscle conditioning, flexibility stretches and a cool-down.

### Step Aerobics

Mon/Wed: 1/5-5/20\* 6:30-7:30pm  
250404-A R: \$437 / NR: \$447

Location: Senior Center-Full

### Rise and Shine

Sat: 1/10-5/16\* 8:30-9:30am  
250404-B R: \$221 / NR: \$231

Location: Dance Studio- Right

\*No class dates 1/19, 2/16, 3/30, 4/1, 4/4

Instructor: Eileen Cutrona

TRY IT WITH  
A CLASS  
CARD!

## Kick Boxing Aerobics 14 & up

Class will incorporate warm-ups, upper and lower body strength exercise, kickboxing techniques and routines and cool down stretching.

Tue: 1/6-5/12\* 7:30-8:30pm  
250417-A R: \$221 / NR: \$231

\*No class dates 3/31

Instructor: Pam Doran

Location: Senior Center-Right

TRY IT WITH  
A CLASS  
CARD!

## Core Body & Strength Training 14 & up

Class will emphasize core body incorporating strength, toning and cardio exercise.

Tue: 1/6-5/12\* 6:30-7:30pm  
250444-A R: \$221 / NR: \$231

Thu: 1/8-5/14\* 6:30-7:30pm  
250444-B R: \$221 / NR: \$231

\*No class dates 3/31, 4/2

Instructor: Pam Doran

Location: Senior Center-Right

TRY IT WITH  
A CLASS  
CARD!

## Class Cards! \*

Can't commit to an entire session of step aerobics? The Falls Church Class Card is for you! The card entitles you to take **Step for Fun & Fitness, Kick Boxing Aerobics, Core Body & Strength Training, and Stretch/ Cardio**. Simply attend the class of your choice and get your card initialed by the instructor. The card is good for 10 individual classes. Students are permitted to buy multiple cards.

Fees: R: \$80 / NR: \$90

## Stretch/ Cardio 18 & up

This exciting workout

combines a moderate to high intensity 40 minute cardio workout with 15 minutes of functional strength. Enjoy energy building cardio choreography and muscle strengthening all in one fun class. The Cardio sections of the class push fat-burning stages followed by strength conditioning that will shape and tone the body. Appropriate for all fitness levels, so join us and jump start your day with a great workout!

Tue: 1/27-3/24 12:30-1:30pm  
250445-A R: \$195 / NR: \$205

Instructor: Global Music Acad.

Location: Dance-Left

TRY IT WITH  
A CLASS  
CARD!

## NEW! Zumba Gold 18 & up

Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

Mon: 1/26-3/23\* 10-11am  
260408-A R: \$120 / NR: \$130

Wed: 1/28-3/18 10-11am  
260408-B R: \$120 / NR: \$130

Mon: 4/6-6/1\* 10-11am  
260408-C R: \$120 / NR: \$130

Wed: 4/8-5/27 10-11am  
260408-D R: \$120 / NR: \$130

\*No class dates 2/16, 5/25

Location: 1/2 Gym Back Door

Instructor: Zumba Fusion Studio

## NTL- Never Too Late Fitness 50 & up

Don't believe that nonsense that you have to live with all those "growing old" problems. Join our Seniors Fitness Program' instructed by a Certified personal trainer/Corrective exercise specialist, and learn how you can fight-back, and W-I-N. Class will focus on improving balance, cardiovascular endurance, strength, flexibility and most importantly, core strengthening; building a stronger and more stable foundation. All students are to bring an exercise mat and light (2 - 5 lb. dumbbells).

Tue/Thu: 1/27-3/19 10-11am  
260403-A R: \$240 / NR: \$250

Tue: 1/27-3/17 10-11am  
260403-B R: \$120 / NR: \$130

Thu: 1/29-3/19 10-11am  
260403-C R: \$120 / NR: \$130

Tue/Thu: 4/7-5/14 10-11am  
260403-D R: \$180 / NR: \$190

Tue: 4/7-5/12 10-11am  
260403-E R: \$90 / NR: \$100

Thu: 4/9-5/14 10-11am  
260403-F R: \$90 / NR: \$100

Instructor: Capitol Fitness

Location: 1/2 Gym Back Door



# Falls Church Clubs

## COME JOIN A FALLS CHURCH CLUB!!! All clubs looking for more members

### Bridge Club

**Social Bridge** – Meets every Monday at 10am. Come spend the day playing bridge in a friendly and pleasant atmosphere. This is a social game setting.

**Contract Bridge** – Meets every Friday at 9am. Come spend the day playing bridge in a friendly but competitive setting. This club is for the more serious bridge player. Please call the Senior Center at **703-248-5020** for more information.

### Garden Club

The Falls Church Garden Club is a city sponsored local horticultural organization open to anyone. Annual membership is \$15. The Club meets on the first Tuesday of the month, with the exception of January, July, and August. Meetings are held in the Community Center at 7:30 pm, and feature a gardening related speaker, as well as a meet and greet and some of the best cookies in town! Additional activities include club trips, visits to private/public gardens, plant exchanges and a **SPRING Plant Sale**. Proceeds from the sale are earmarked for the benefit of all aspects of gardening in our area. A monthly newsletter is also published with news of club activities. For more information, check our website [www.fallschurchgardenclub.org](http://www.fallschurchgardenclub.org).



### Golden Age Bingo Club

The Bingo club meets from 10am-1:30pm every Tuesday in the Senior Center for adults 50 and over. Come play some Bingo, have fun, socialize and meet new friends. Besides Bingo, the group has raffle drawings, parties, and goes on trips. This group is run by a senior. Small fee of 25 cents per card applies. Please call the Senior Center at **703-248-5020** for more information.



### Knitting and Crocheting Club

Every Thursday at 10am in the Senior Center. Knitting & Crocheting for all skill levels. Come join us for a great learning experience. All projects welcomed- Tatting and Needlework. All materials are provided at no charge.

### Language Clubs

#### German Conversation

Tuesdays at 10am

#### Italian Conversation

Wednesdays at 1:30pm

#### French Conversation

Thursdays at 10am

Come sit back, relax and enjoy some great conversation. All levels of conversation welcomed. Some knowledge of the language is expected, these are not teaching clubs.



### Military History

Hear from authors, historians, and those with first-hand accounts about events that shook the world. This season's programs will include recognition of the American Civil War's sesquicentennial. Veterans of WWII will also give personal accounts of history's greatest conflict. This enthusiastic group enjoys a lively give-and-take. Alternate Fridays from 10am-Noon.

Please call the Senior Center at **703-248-5020** for more information.

### The City of Falls Church Concert Band

The City of Falls Church Concert Band is a community band that performs an entertaining mixture of marches, classical pieces, Broadway show medleys, regional tunes, and American classics. Membership is open without audition to all concert band musicians from all over the area. Music Director Robert Little brings not only a lot of musical experience and professionalism to the band, but also a friendly, lighthearted atmosphere. Rehearsals are held on Wednesday nights 7:45-9:45pm at the George Mason High School, 7124 Leesburg Pike. Visit the band website at [www.fallschurchconcertband.org](http://www.fallschurchconcertband.org)

# Falls Senior Center

The Falls Church Senior Center is located in the Falls Church Community Center and operated by the Recreation & Parks Division of the Community Services Department. A wide range of activities is offered Monday-Friday along with a lunch program available on Monday, Wednesday, and Friday.

Please call **703-248-5020** for more information. **Hours of Operation:** Monday-Friday, 9am-3pm.

## REGULAR PROGRAMS INCLUDE:



### Armchair Fitness

Exercise with us every Wednesday from 10-10:30am.

### Armchair Travel Day

Meets the fourth Friday of every month. Come join us for a trip around the world-without having to pack a suitcase. A Falls Church librarian rounds out the experience with videos, books and printed material about each month's destination.

### Ballroom Dancing

Every second Thursday from 1pm-2:45pm

### Bingo

Meets every Wednesday from 10am-1:30pm.

### Blood Pressure

Held every other Tuesday from 9am-10am.

### Bridge

Players gather at the Falls Church Senior Center on Monday and Friday for bridge. Monday's social bridge meets at 10am & Friday's contract bridge meets at 9am.

### Chess

Every Monday, Wednesday and Friday at Noon

### Foreign Language Conversation Groups

All groups looking for new members. Informal, drop-in groups meet weekly:

**Tuesdays:** German group 10am

**Wednesdays:** Italian group 1:30pm

**Thursdays:** French group 10am

### Golden Age Bingo

Come join us every Tuesday from 10am-1:30pm

### Hand and Foot

If you are up for the challenge, or would like to socialize and play a friendly game, come play this card game with us every Friday at 9:00am

### Knitting and Crocheting

Come join us every Thursday at 10am. Knitting & Crocheting for all ages and skill levels. All projects welcomed- Tatting and Needlework. All materials are provided at no charge.

### Lunch Bunch

Come join the Senior Center staff in a lunch outing once a month at different local restaurants every second Monday of the month at 12:30pm. Van leaves at Noon. \$1 Transportation

### Military History

Hear from authors, historians, and those with first-hand accounts about events that shook the world. This season's programs will include recognition of the American Civil War's sesquicentennial. Veterans of WWII will also give personal accounts of history's greatest conflict. This enthusiastic group enjoys a lively give-and-take. Alternate Fridays at 10 am.

### Modified Yoga

Every Friday from 1:30-3pm.

### Pickleball

Every Monday and Wednesday from Noon-2pm. All levels welcomed.

### Rummikub

Every Wednesday at 1:30pm

### Scrabble

Every Tuesday at 1:30pm every third Wednesday at 12 noon.

## LUNCH BUNCH

**January:** Chili's

Monday, January 12

**February:** Applebee's

Monday, February 9

**March:** Texas Roadhouse

Monday, March 9

**April:** Cracker Barrel

April 13

**May:** Ruby Tuesday

May 11



## SPECIAL SENIOR PROGRAMS AT 10:30AM

**January:** Bingo Bash & Pizza Party – Wednesday, January 28th

**February:** Valentine's Day Celebration– Thursday, February 12th

**March:** St. Patrick's Day Celebration – Monday, March 16h

**April:** Spring Fling – Thursday, April 23rd

**May:** Memorial Day Celebration – Thursday, May 21st

# Falls Church Senior Center

## **NEW!** LIVING BETTER WITH THE INTERNET

The Internet is all around; everyone is talking about it! Would you like to learn how to use it to enhance your daily life? Join this 5-session class, which will be taught by faculty and students from Marymount University. It will cover:

- “Communicating Online” with friends and family;
- “Locating the Right Information” on any subject, any time;
- “Getting Around” locally, throughout the country, and across the globe;
- “Shopping from Home” with delivery to your front door; and
- “Finding Entertainment”—live or on the Internet.

Learn how to use the Internet wisely and securely, avoiding all the pitfalls you hear about on the news. You can attend single sessions; BUT...if you attend all five, you'll earn a certificate you can show your grandchildren!

**Thursdays, April 30 – May 28**  
**10 a.m. – noon**

**#260719**

**Cost: FREE**

Register at the community center in person, or by phone at **703-248-5027**. The class will be limited to 40 students.

## **NEW!** Modified Senior Yoga

Every Friday from 1:30-3pm. Classical yoga postures using props. Alignment individually adjusted and modified as needed. Class led by Patrice Lepczyk. Free of charge.

Maximum 8 participants per class. Reservations required. Please call the Senior Center at 703-248-5020 to register.

## **NEW!** Oil and Acrylic Painting

Every Friday in the Art Room from 1pm-3pm. Open studio. Work on your own projects.

## **NEW!** Pickleball classes

**Introduction to Pickleball:** Learn about the history of the game, watch a doubles demonstration game, learn how to warm-up before playing, and get to know the pickleball paddle and ball. Paddles and balls provided. Recommended for all new players.

**Pickleball Basics:** Build on the Introduction to Pickleball session to learn how to hit dinks, forehands, backhands, volleys, overheads and the serve using proper footwork. Participants will also be introduced to the rules of the game.

**Pickleball Doubles:** Learn how to work with your doubles partner to be in the correct position, the importance of and how to hit the third shot, and coming up to net. Improve your agility and where to place the ball.

All pickleball sessions are 4 fifty-minute sessions, \$5 per session-- minimum 5 participants, maximum 8 participants.

Please call **703-248-5027** to register.

#260411 Introduction to Pickleball

#260412 Pickleball Basics

#260413 Pickleball Doubles

**Mondays, Jan 5, 12, 26 and Feb. 2:**

12-12:50: Intro to Pickleball

1-1:50: Pickleball Basics

**Wednesdays, Feb. 11, 18, 25 and Mar. 4**

12-12:50: Intro to Pickleball

1-1:50: Pickleball Doubles



**Mondays, Mar. 2, 9, 16 and 23**

12-12:50: Intro to Pickleball

1-1:50: Pickleball Basics

**Mondays, Apr. 13, 20, 27 and May 4**

12-12:50: Intro to Pickleball

1-1:50: Pickleball Doubles

## **MILITARY HISTORY FORUM**

**2014-2015 Program Schedule -Meeting Time is from 10am-Noon in the Community Room**

**Jan. 9:** John Bessette: John Cameron: A Loyalist Soldier in the American Revolution

**Jan. 23:** Terry McKnight: Pirate Alley: Commanding Task Force 151 Off Somalia

**Feb. 6:** William Connery: Early Civil War Days in Northern Virginia

**Feb. 20:** Patrick Mooney: The US Marines at Iwo Jima

**Mar. 6:** Brooke Stoddard: World in Balance: The Perilous Months of June – Oct, 1940

**Mar. 20:** Guest speaker and topic to be determined

**Apr. 3:** Morgan Voetz: Motivating Men: H. W. Lawton's Role in the Geronimo Campaign

**Apr. 17:** John Rodgaard: Monsarrat's Battle of the Atlantic

**May 1:** Jon Couch: American POW Experiences Revolutionary War to the Present

**May 15:** Guest speaker and topic to be determined

**May 29:** Guest speaker and topic to be determined

## Senior Center Armchair Travel Programs

10:30 a.m. to 11:30 a.m. in the Teen Center

Fourth Friday of each month

Presented by staff from the Mary Riley Styles Public Library.



### January 23, 2015: Trekking the Pacific (Running time: 50 minutes).

Experience a traditional Polynesian welcome and go to see a ceremonial site where ancient peoples carved their gods' faces into the rock. Then, take part in the Mire Tarai

Festival where the narrator is included in the all-female team of canoeists as they race across the local lagoon. Later, we visit Papua New Guinea and take part in a wild boar hunt and then hear about how islanders helped during WWII.



### February 27, 2015: 12 Best Romantic Getaways Cyprus & Crete (Running time: 120 minutes). *Please note the longer running time.*

Where are the most romantic getaways? Well, join us to find out. We'll start with Paris, move on to Provence,

and then on to Venice to glide on the winding canals. Then, off to Rome, "the eternal city", Salzburg, where the hills are alive with the sound of Mozart, and then Germany's Romantic Road where 500 year old village huddle together to create a medieval world. Not to be left behind, we journey to Prague and Budapest, the Greek islands, Turkey's Turquoise Coast, Buenos Aires, Maui, and end up down under in Sydney. A whirlwind visit filled with romance.



### March 27, 2015: From the Exotic Cities of Asia to the Islands of Polynesia (Running time: 60 minutes).

This DVD is over 5 hours long, so we will limit our trip to just a few of the cities it highlights. Let's visit Bangkok, Seoul, and Tokyo.



### April 24, 2015: Secrets of Westminster (Running time: 60 minutes).

This monument to Britain's political system has been full of intrigue and traditions over its many years of existence. We'll discover the hidden worlds of not only Parliament

(both House of Lords and Commons), but also visit one of the world's most famous churches, Westminster Abbey. Over 3,000 great men and women have been buried or memorialized there, and it has hosted every king and queen's coronation since 1066! Today, the building is still a church dedicated to regular worship. So join as we discover the hidden secrets that anchor one of London's most powerful and storied neighborhoods.



### May 22, 2015: Pompeii: The Doomed City (Running time: 60 minutes).

We will watch 2 of the three programs on this DVD: Digging for the Truth: Pompeii Secrets Revealed; and, History's Mysteries: Pompeii. We will learn about one of

the world's most devastating natural disasters, the eruption of Mt. Vesuvius, which buried Pompeii and other Roman cities along the Bay of Naples beneath layers of ash and pumice, killing thousands. Could it happen in modern times, too?

## AARP Smart Driver Course



A refresher-driving course for licensed drivers aged 50 & older. This course will review the different processes of driving for the older driver. A certificate will be issued at completion of the two day course, which can be submitted to insurance. The State of Virginia mandates a discount in car insurance. Make checks payable to "AARP".

**Instructor:** David Young

**Location:** Falls Church Community Center

**Class Dates:** March 24 and March 26

**Time:** Class meets on both days from 10am-3pm

**Fees:** \$15 AARP Members  
\$20 Non-AARP Members

Please bring membership card with you to verify AARP membership in order to receive discount.

## Calling All Seniors

Looking for pinochle, poker, Mexican train dominos, cribbage, scrabble and mah jongg players.

Please call the senior center at **703-248-5020** for more information.

## Volunteers Needed

Looking for volunteers to lead current events group, craft class, book discussion group, call bingo, lead a trivia group, etc.

Please call the senior center at **703-248-5020**.

## ENJOY CITY RECREATION SPACES!

### Community Center

The Community Center is located adjacent to Cherry Hill Park and in the heart of the City. It is the perfect place to play basketball, volleyball, tennis, table tennis, pool, air-hockey, and foosball; or to walk, take a class, or just enjoy time with family, friends, and neighbors. It is home to the Senior Center and Teen Center.

The Community Center boasts a full-size gymnasium with a six-hoop basketball court, a volleyball court, and shuffleboard court. The Center also has several multipurpose rooms the public can reserve for receptions, meetings, parties, and classes. Call 703-248-5027 to inquire about availability, fees and application.

The Community Center offers several preschool programs in a bright and stimulating room designed and furnished specifically for young children. Preschoolers ages 5 and under are educated and entertained by dedicated staff members. Enrollment is accepted for Summer, Fall and Winter/Spring sessions.

### Picnic Shelters

Four of the City's parks (Cherry Hill, Berman, Madison, and Roberts Parks) have picnic shelters that are available for rent. Perfect for family gatherings, birthday parties, and group/company picnics. Call 703-248-5027 for availability, fees and application. If a shelter is not reserved it can be used on a first-come first-served basis.

### Tennis Courts

Lighted courts in the following locations can be reserved by City Residents: Cavalier Trail Park (2 Courts), Cherry Hill Park, (2 Courts) and George Mason High School (4 Courts). The unlighted Cherry Street courts are first come, first served.

Call 703-248-5027 to make reservations up to one day in advance. Courts can be reserved 1 hour max for singles and 1.5 hours for doubles.

### Fields

Stay active and apply for a permit to use the Larry Graves Soccer Field. The field is available for rent during the Summer months Mon.-Sun. based on availability. Call 703-248-5027 for availability, fees and application.

### Weddings & Receptions

The Cherry Hill Farmhouse and grounds is can be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. For rental information call the Cherry Hill Farmhouse at 703-248-5171 or visit [cherryhillfallschurch.org](http://cherryhillfallschurch.org).

### Birthday Party Packages

Celebrate your child's next birthday at the Falls Church Community Center. Choose the Party in the Gym Package for 1 hour in the gym with our tot-time or various sports equipment and 3 hours in a party room. Enjoy the Teen Center Party Package for 3 hours with the pool, air hockey, ping pong, and foosball tables. Call 703-248-5027 for availability, fees and application.

## CITY PARK AMENITIES

### BERMAN PARK

Bike and hike trail  
Picnic shelter  
Picnic tables and grill  
Play equipment

### BIG CHIMNEYS PARK

Park benches  
Picnic tables and grill  
Play equipment

### CAVALIER TRAIL PARK/TRIPPS RUN PARK

Basketball court (lighted)  
Bike and hike trail  
Park benches  
Picnic table and grill  
Slide and Swings  
Tennis courts (2 - lighted)

### CHERRY HILL PARK

Basketball court (lighted)  
City kiosk  
Horseshoe court  
Park benches  
Picnic shelter  
Picnic tables and grills  
Play equipment  
Volleyball court  
Water fountain  
Tennis courts (2 - lighted)\*  
\*Tennis courts under construction

### CROSSMAN/FOUR MILE RUN PARK

Park benches  
Picnic tables and grills  
Slide and Swings

### DONALD S. FRADY PARK

Horseshoe court  
Game table  
Gazebo  
Mini-amphitheater  
Picnic tables and grills  
Play equipment  
Water fountain

### FORT TAYLOR PARK

City kiosk  
Historic Trail marker  
Park bench

### LINCOLN PARK

Basketball court  
Park benches  
Picnic table and grill  
Play equipment

### MADISON PARK

Basketball court  
Park benches  
Picnic shelter  
Picnic tables  
Play equipment  
Rectangular athletic field  
Water fountain

### ROBERTS PARK

Basketball court  
Park benches  
Picnic shelter  
Picnic tables and grills  
Play equipment  
Water fountain

### WEST END PARK

Park benches  
Picnic tables and grills  
Play equipment  
\*Coming soon... new skateboard features

## Falls Church Public Spaces

The Recreation and Parks Department uses the following school facilities for activities and programs.

**FALLS CHURCH PUBLIC SCHOOLS**  
**GEORGE MASON HIGH SCHOOL/**  
**MARY ELLEN HENDERSON MIDDLE**  
**SCHOOL**  
(7124 Leesburg Pike)  
Baseball/softball fields (2)  
Running track  
Rectangular fields (2; 1 has artificial turf)  
Tennis courts (4 - lighted)

**THOMAS JEFFERSON**  
**ELEMENTARY SCHOOL**  
(601 South Oak Street)  
Basketball court  
Bike and hike trail  
Park benches  
Play equipment  
Rectangular athletic field  
Softball/baseball fields (2)

**MOUNT DANIEL**  
**ELEMENTARY SCHOOL**  
(2328 North Oak Street)  
Basketball court  
Play equipment  
Small athletic field

**OTHER RECREATION FACILITIES**  
Falls Church Community Center  
(223 Little Falls Street)  
Cherry Street tennis courts (2)  
W & OD Bike Trail

### MEMORIAL AND HISTORICAL INTERESTS

Cherry Hill Farm – House, Barn and Grounds (312 Park Avenue)  
Memorial Park (Park Ave. & Little Falls Street)



# Information for Residents

## RESOURCES FOR RESIDENTS

### Vehicle Registration (State of Virginia)

To register a vehicle with Virginia, first obtain the state safety and emissions inspections, driver insurance, and a valid title. Then register the vehicle at any Virginia Department of Motor Vehicles customer service center.

### Vehicle Registration (City of Falls Church)

Once a vehicle is registered with the state, it must be registered with the City. Complete the vehicle registration form (available online or at City Hall) and fax a copy of the temporary or current vehicle registration to 703-248-5212. The Treasurer's Office will issue a decal and bill. Decals may also be purchased at the Treasurer's Office: 703-248-5046 (TTY 711).

### Voter Registration

Voter Registration applications for new and existing Virginia residents may be filed with the DMV or the City Registrar. Registrations are due at least 29 days before a primary or general election or 14 days before a special election.

### Taxes

The Treasurer's Office handles tax billing, relief, and payments: 703-248-5046 (TTY 711) or [treasurer@fallschurchva.gov](mailto:treasurer@fallschurchva.gov).

The Office of the Commissioner of the Revenue handles business taxes, personal property tax assessments, and assists with income tax filing: 703-248-5065 (TTY 711) or [commissioner@fallschurchva.gov](mailto:commissioner@fallschurchva.gov).

The Office of the Real Estate Assessor determines the current market value of taxable and tax exempt properties as of January 1 each year. The City Council uses these values to determine the annual tax rate. Questions? Call 703-248-5022 (TTY 711) or [realestate@fallschurchva.gov](mailto:realestate@fallschurchva.gov).

## WHERE TO FIND CITY OF FALLS CHURCH INFORMATION

### City Website:

[www.fallschurchva.gov](http://www.fallschurchva.gov)

### Facebook:

[facebook.com/CityofFallsChurchGov](https://facebook.com/CityofFallsChurchGov)

### Twitter:

[twitter.com/FallsChurchGov](https://twitter.com/FallsChurchGov)

### Citizen Information Line:

703-248-5200

### eFocus Newsletter:

Sign up at [fallschurchva.gov/Efocus](http://fallschurchva.gov/Efocus)

### FCC-TV:

Cox channel 11, RCN channel 2, Verizon channel 35

### Alert System:

Sign up at [alert.fallschurchva.gov](http://alert.fallschurchva.gov)

### Radio:

1680 AM (during emergencies)



### Public Schools

There are four schools in the Falls Church City Public Schools system: Mount Daniel Elementary (Kindergarten and First Grade), Thomas Jefferson Elementary (grades 2-4), Mary Ellen Henderson Middle (grades 5-7), and George Mason High (grades 8-12).

For information on how to register a child, call 703-248-5600 (TTY 711). More information is available at [www.fccps.org](http://www.fccps.org).

### Parking Permits

In order to park on certain City streets, you must have a parking permit issued by the Police Department: 703-248-5054.

### Drive-Through Permits

In order to drive through certain streets that are closed to through traffic (as during rush hour), you must have a permit issued by the Police Department: 703-248-5054.

### eFocus E-Newsletter

Get current City news with eFocus, the e-newsletter produced by the Office of Communications. Find the latest information about the City's environmental services, economic development, safety issues, and news about upcoming events. Sign up for this free service by entering your e-mail address in the "eFOCUS Newsletter" box on the right-hand side of the Home Page.

### Pet Licenses

Dogs must be vaccinated against rabies and licensed with the City. Licenses must be obtained within 30 days of moving into the City of Falls Church for dogs over four months of age. The license fee is \$10 for fertile dogs and \$5 for neutered/spayed dogs. Licenses are issued by the Treasurer's Office: 703-248-5046 (TTY 711).

Cats over four months of age must be vaccinated against rabies but do not need to be licensed with the City.

## Department of Public Works

### Solid Waste Hotline:

703-248-5160

[recycling@fallschurchva.gov](mailto:recycling@fallschurchva.gov)

The Department of Public Works (DPW) manages weekly curbside collection of trash, bundled brush, yard waste and recyclables; special residential collection of bulk items; the City's Recycling Center; and more.

### Trash Collection

Trash is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one gray rolling trash cart per address. These carts are the property of the City and must stay with the residence. Questions? Call 703-248-5160, ext. 2.

### Excess Trash

Each bag of trash that does not fit in the City-issued trash cart requires an Excess Trash Sticker, which can be purchased for \$1 at City Hall, Brown's Hardware, and Giant Food Store. See the City's website for additional information and restrictions. Questions? Call 703-248-5160, ext. 2.

### Recycling Collection

Recycling is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one green rolling recycling cart per address. These carts are the property of the City and must stay with the residence.



*City-issued trash cart with properly-tagged excess trash bag.*

### Excess Recycling

There is no fee for excess recycling. Recycling that does not fit in the City-issued cart or bin may be placed in personal containers clearly marked "recycling," cardboard boxes, and paper bags. Do not put recycling in black or white trash bags. Questions? Call 703-248-5160, ext. 3.

### Yard Waste Collection

Properly prepared yard waste in paper bags with \$1 Yard Waste Stickers will be collected once a week on Wednesdays, year-round (except on observed City holidays). Yard waste includes only trimming arising from general landscape maintenance, like grass, leaves, plant and shrub trimmings, and other items too small to include with bundled brush. Do not include non-compostable garden debris such as sod, dirt, rocks, sand, or lumber. Questions? Call 703-248-5160, ext. 5.

### Bundled Brush Collection

Properly prepared brush bundles are picked up free of charge on Wednesdays, year-round (except on observed City holidays). Special Bulk Collections are available for unbundled brush. Brush includes tree branches, small tree stumps, and larger shrub trimmings. Brush must be cut in five-foot lengths with no individual branch or trunk larger than six inches in diameter. To prepare for pick-up, either securely tie branches with cord or twine, or place branches neatly in one direction in a tote, bin, or container marked "brush." Questions? Call 703-248-5160, ext. 5.

### Holiday Schedule

If a designated City holiday falls on a Wednesday, recycling, trash, and yard waste collection will occur on Saturday. Due to lighter loads, crews will be in your neighborhood earlier than expected. Please make sure items are curbside the night before.

### Leaf Collection

Leaves are collected from residential streets in the fall. Each residential street is vacuumed two times. To prepare, rake loose leaves to the curb but avoid placing them in the street. Pile leaves away from storm drains and water meter covers. Remove stones, litter, branches, or other debris that may damage equipment.



### Christmas Tree Collection

Live Christmas trees are collected free of charge on Wednesdays in January and February. To prepare, place trees in right-of-way, but behind the curb and separate from regular trash and recycling. Remove all decorations, rope, plastic, etc.

### Special Collection

Special bulk collections are available for items too large or heavy to fit into a trash container. Residents may request a Special Collection by calling 703-248-5160, ext. 4, before noon on Tuesday for Wednesday collection. The fee is \$75 per two cubic yards of material; appliances are charged separately at \$30 each.

### Missed Collection?

If your items are properly prepared and set out by 7 a.m., they will be collected. Please leave items at the curb after reporting a missed collection. Questions? Call 703-248-5160, ext. 1.

# Mary Riley Styles Public Library

## ABOUT THE LIBRARY

The Mary Riley Styles Public Library is a full service library containing roughly 140,000 items in a wide range of formats: books, periodicals, CDs (recorded books and music), DVDs and downloadable content (eBooks, eAudiobooks, eMagazines, and eMusic). Computer access in the building includes 16 internet work stations, free Wi-Fi, and b/w and color laser printing. Patrons can additionally connect to nearly 20 research databases (for searching newspapers and magazine articles, investment info, genealogical records, and historic photos) from home with a valid MRSPL card. Library services include book discussion groups, storytimes, summer and winter reading programs, internet tutoring, and a Local History Room.

## GETTING A LIBRARY CARD

The Library serves residents, employees, and property owners of the City of Falls Church and residents of the Washington metropolitan area. By cooperative agreement with the Washington Metropolitan Council of Governments, residents of certain cities and counties are eligible for a borrowing card: Arlington (VA), City of Alexandria (VA), Washington, DC, Fairfax (VA), Frederick (MD), Loudoun (VA), Montgomery (MD), Prince Georges (MD), and Prince William (VA). A subscription card is also available for an annual fee for patrons who do not meet these residency requirements. Apply for a Library card via the website or in person.



**Mary Riley Styles Public Library**  
**120 N. Virginia Avenue**  
**[www.fallschurchva.gov/Library](http://www.fallschurchva.gov/Library)**

General Line: 703-248-5030  
Renewal Line: 703-248-5175  
Circulation Desk: 703-248-5031  
Reference Desk: 703-248-5035  
Youth Services Desk: 703-248-5034  
Administrative Office: 703-248-5033

### HOURS:

Monday	9 am - 9 pm
Tuesday	9 am - 9 pm
Wednesday	1 pm - 9 pm
Thursday	9 am - 9 pm
Friday	9 am - 5 pm
Saturday	9 am - 5 pm
Sunday	1 pm - 5 pm

## PROGRAMS AND SERVICES

### Preschool Storytime

Winter: January 5 – March 26

Spring: April 6 – May 21

Monday & Thursday @ 10:30 am (Ages 2-5)

Tuesdays @ 10:30 am (Ages 18 – 36 months)

Songs, fingerplays, and stories!

### Mother Goose Rhyme Time

(Ages 0-18 months)

Winter: January 9 – February 13; March 6 – April 10

Spring: May 1 – June 5

Fridays @ 9:30 am & 11:00 am

A special 6 week storytime with rhymes, bounces, music, and more!

Registration required.

### Teen Book Discussion Groups (Ages 12-18)

Middle School Book Club: Second Thursday of every month

High School Book Club: Third Thursday of every month

Thursdays @ 7:30pm. Registration required.

**[www.fallschurchva.gov/BookDiscussions](http://www.fallschurchva.gov/BookDiscussions)**

### Paws to Read (Ages 5-12)

Second Tuesday of every month @ 5 pm Reading to a canine companion.

### Lego in the Library (Ages 6-11)

Third Tuesday of every month @ 5 pm

A different theme every month for Lego building fun! Registration required.

### Early Release Wednesday Activity (Ages 5-11)

First Wednesday of every month @ 3 pm. A different activity every month – stories, art, fun! Registration required.

# Mary Riley Styles Public Library

## **Saturday Monthly Performers** (All ages) @ 11:00am

January 24: One-Man Band

February 14: Barefoot Puppets – Little Red and the Gingerbread Man

March 28: Maddy O'Neill – Irish music

April 25: Uno, Dos, Tres Andres!

## **Senior Book Discussion Group** (Adults) @ 10:30 am

Tuesday, Jan. 20: Something I've Been Meaning to Tell You by Alice Munro

Tuesday, March 10: The Girls of Atomic City: The Untold Story of the Women Who Helped Win World War II by Denise Kiernan

Tuesday, April 21: The Merlot Murders by Ellen Crosby

[www.fallschurchva.gov/BookDiscussions](http://www.fallschurchva.gov/BookDiscussions)

## **Thursday Evening Book Discussion** (Adults) @ 7:30 pm

January 8: The Piano Tuner by Daniel Mason

February 5: Galileo's Daughter: A Historical Memoir of Science, Faith, and Love by Dava Sobel

March 5: Absalom, Absalom! by William Faulkner

April 2: This Town: Two Parties and a Funeral – Plus Valet Parking! – in America's Gilded Capital by Mark Leibovich

May 1: The Faster I Walk, the Smaller I Am by Kjersti Skomsvold

For more information about the group – visit [mrsplbookgroup.blogspot.com](http://mrsplbookgroup.blogspot.com)



## **Armchair Travel (Seniors)**

Every 4th Friday @ 10:30am in the Community Center

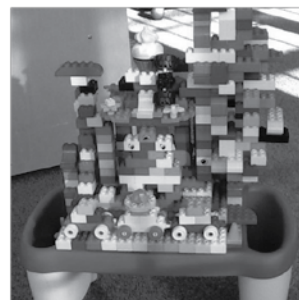
Watch a movie and travel the world!

(See page 35 for details).



## **Fun at the Mary Riley Styles Public Library!**

Events and activities for all ages!



# General Information

## MISSION STATEMENT

The mission of the Falls Church Recreation and Parks Department is to provide a year-round program of recreation and leisure-time activities for all groups and interest levels. The Department is dedicated to enhancing the quality of life and fostering a sense of community by providing superior recreational, educational and cultural services and through the effective maintenance and protection of the City's natural resources.



## Open Gym Pricing

Register at the front desk before entering the gym

<b>City Residents:</b>	Free
<b>Non-City Residents 5 and under:</b>	Free
<b>Non-City Residents 6-18 or 65+:</b>	Free
<b>Non-City Residents 19-64:</b>	\$3

**Hotline:** 703-248-5077

Call for current schedule.

## Facility Locations

### Falls Church Community Center

223 Little Falls Street

### Cherry Hill Farmhouse

312 Park Ave.

### George Mason High School

7124 Leesburg Pike

### Mary Ellen Henderson

7130 Leesburg Pike

## Registration Dates

**Residents: January 5**

**Non-Residents: January 12**

## Brochure Availability

The brochure is available on-line at [www.fallschurchva.gov/recreation](http://www.fallschurchva.gov/recreation). If you are a non-resident and prefer a mailed copy, please call **703-248-5027** or email [recreation@fallschurchva.gov](mailto:recreation@fallschurchva.gov).

### Policy of Non-Discrimination on the Basis of Disability:

The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Cindy Mester, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call **703-248-5027**, (TTY 711).

## Photographic Release:

By participating in programs and using our facilities, you are granting the City of Falls Church and the Parks and Recreation Department permission to use photographic images of you and/or your minors for marketing purposes.

## Class & Athletic Program Refund Policy

For refunds submitted...

Ten or more days before  
the activity start date ..... 80% Refund/ 90% Credit

Five to nine calendar days before  
the activity start date ..... 90% Credit only

Less than five calendar days before  
the activity start date ..... No Refund/ No Credit

Programs cancelled by the Department... 100% Refund/ Credit

## Camp Refund Policy

For refunds submitted...

More than fourteen days before  
the camp start date ..... 80% Refund/ 90% Credit

Less than fourteen calendar days before  
the camp start date ..... No Refund/ No Credit

Camps cancelled by the Department..... 100% Refund/ Credit

Some camps have different refund policies which are listed in the camp description. Special refund requests will be considered for medical reasons submitted with a doctor's note or relocation of at least 25 miles from the City of Falls Church. To request a credit or refund a "Request for Refund/Household Credit" form must be completed and submitted. All requests are handled using the guidelines listed above.

## Inclement Weather Policy

Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. **For up-to-date information, please call the inclement weather hotline at 703-248-5077.**

**Holidays:** Classes will not be held on City-observed legal holidays unless otherwise noted. Hobby Class Holiday Schedule: No classes held January 19, February 16, March 29-April 5, May 25

## How to Register



**On-line:** Go to [www.fallschurchva.gov/recreation](http://www.fallschurchva.gov/recreation) and click on the Falls Church Recreation and Parks Department logo. Full payment is required at the time of registration. Registration begins at 8am on the first day of registration.



**Walk-in:** 223 Little Falls St. There are no registration forms to complete. Registration begins at 8am on the first day of registration.



**Mail-in:** Mail-in registrations are processed at the end of the business day. Complete the registration form below, include payment, and mail to **Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046**



**Phone-in:** Phone in registration begins 8am the second day of registration January 6 and January 13. To register, call **703-248-5027** and have your credit card ready.

## Registration Starts

Falls Church City Residents:  
**Thursday, January 5, 2015**

Non-City Residents:  
**Thursday, January 12, 2015**

**Register Early:** All classes are filled on a first-come, first-served basis. **Deadlines to register are typically one week prior to the start of the class. Early registration helps prevent cancellations.**

**Senior Citizens:** Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

**Financial Aid:** Financial aid is available for City of Falls Church residents only. Forms are available in the main office or call **703-248-5027** for more information.

## Registration Form



**For More Information: Call 703-248-5027; Fax 703-536-8150**

Mail to Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046  
Make checks payable to City of Falls Church. Only one family per form. Photocopies are accepted.  
Payment must accompany registration. Late registrations are accepted if an opening is available.

Primary Household Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Evening Phone Number: ( ) \_\_\_\_\_ Day Phone Number: ( ) \_\_\_\_\_

Cell Phone Number: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

Participant Name	Male/Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Total					

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advice of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Confirmations:** You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

### Credit Card Information:

circle one:



Card Number: \_\_\_\_\_

Exp Date: \_\_\_\_\_ CVC Code: \_\_\_\_\_



223 Little Falls St.  
Falls Church, VA 22046

PRESORTED  
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US POSTAGE  
**PAID**  
MERRIFIELD, VA  
PERMIT NO. 7034



## Summer Camp Expo

Friday, January 30, 2015, 6pm

Falls Church Community Center, 223 Little Falls St.

Would you like to learn more about a camp before you register your child? If so, then our Summer Camp Expo is the place for you. Come out and meet representatives from many of the various sport and specialty camps we will be offering this summer in Falls Church. For more information contact **703-248-5027**.

Summer camp brochure will be available mid-January.

Start  
Planning for  
Summer!

## Recreation & Parks Department 2015 Registration Dates to Remember

### Winter/Spring Class Registration

January 5 City Residents; January 12 Non-city

### Summer Camp Registration

February 2 City Residents; February 9 Non-city

### Summer Class Registration

May 4 City Residents; May 11 Non-city

### Fall Class Registration

August 17 City Residents; August 24 Non-city

### Spring Youth Soccer Registration

Early Bird: February 3-15; Regular: February 16-March 1

### Fall Youth Soccer Registration

Early Bird: July 13-26; Regular: July 27- August 9

### Fall Youth Flag Football Registration

Early Bird: July 20-August 2; Regular: August 3-16

### Winter Youth Basketball Registration

Early Bird: October 5-18; Regular: October 19-November 1



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containing 30% post-consumer waste